**Champions for Change – Physical Activity Tips English – Wall Slide**

*On-screen:* [Wall Slide – Physical Activity. Champions for Change.]

*Speaker: Narrator –* Let’s talk about wall slides.

*On-screen:* [If at any time you have pain or shortness of breath, stop and consult a doctor.]

Wall slides can be done anywhere there is a stable wall and are an easy way to strengthen your legs and improve your balance.

Don't forget to focus on keeping a neutral spine every time you exercise. Check out our neutral spine video. Stand with back against a wall about 16 to 18 inches away from the base of the wall. Slowly bend your knees sliding your back down the wall until you’re close to a seated position.

*On-screen:* [Seated position.]

It should look like you’re sitting in an invisible chair.

*On-screen:* [Hold for 8 seconds.]

Hold this seated position for 8 seconds. Begin straightening your knees by pushing against the floor sliding up the wall slowly until your knees are no longer bent. This will complete one repetition.

*On-screen:* [8 to 12 reps = one set.]

Do 8 to 12 repetitions for one set. Increase the number of sets as you get stronger.

*On-screen:* [Get recipes and tips at CaChampionsForChange.net.]

End of: Champions for Change – Physical Activity Tips English – Wall Slide Video.

Video duration: 0:56