

Lillepin

# Happy Feet:

## *Foot Exercises for Women Over 40*

**Stronger feet. Better balance.  
Less pain. More freedom.**

Your feet carry you through life—  
let's keep them strong, mobile, and happy.

These easy, effective exercises are  
designed for women over 40 to improve  
foot strength, flexibility, circulation and  
stability. Most can be done sitting.  
A couple are standing or in the water.

### **How to use this guide:**

- Start slowly and listen to your body.
- Aim for 3–5 days per week.
- Consistency is key!
- Wear supportive footwear during the day to protect your progress.



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- Start slowly and listen to your body
- Aim for 2-3 days per week.
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1

### 1. FOOT ROCKER

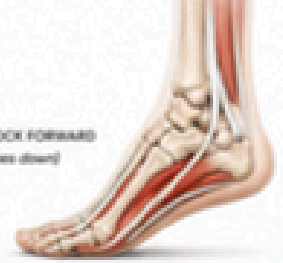
Improves ankle mobility, calf flexibility and circulation.

**How to do it:**

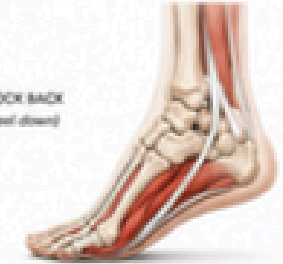
1. Sit tall on a chair, feet flat on the floor.
2. Slowly rock your foot forward, lifting your heel and pressing through your toes.
3. Then rock back, lifting your toes and pressing through your heel.
4. Repeat in a smooth, controlled motion.

Do 10-15 rocks, 2 sets per foot.

ROCK FORWARD  
(heel down)



ROCK BACK  
(heel down)



2

### 2. GOLF BALL ROLL

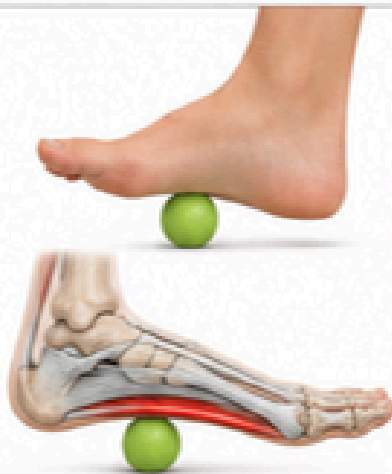
Releases foot fascia tension and improves flexibility.

**How to do it:**

1. Sit on a chair and place a golf ball under one foot.
2. Gently roll the ball from your heel to your toes.
3. Pay extra attention to tender spots.
4. Roll the entire foot.

Do for 1-2 minutes per foot.

**Tip:** Breathe deeply and relax your foot as you roll.



3

### 3. TOE SPREADS

Strengthens small foot muscles and improves toe alignment.

**How to do it:**

1. Sit with your feet flat.
2. Spread your toes as wide as you can.
3. Hold for 3 seconds.
4. Relax and repeat.

Do 10-15 reps, 2 sets.

**Benefit:** Helps prevent bunions, improves balance and foot function.



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### 4. TOWEL SCRUNCH

Strengthens the muscles in your arch and improves foot stability.

**How to do it:**

1. Place a small towel on the floor and sit up tall.
2. Use your toes to scrunch the towel toward you.
3. Once you have it all scrunched, push it back out.
4. Repeat.

Do 10-15 reps, 2 sets.

**Benefit:** Supports your arch and improves balance.



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### 5. ANKLE CIRCLES

Improves ankle mobility and joint lubrication.

**How to do it:**

1. Sit with one leg lifted slightly off the floor.
2. Slowly circle your foot clockwise 10 times.
3. Then do 10 circles counterclockwise.
4. Switch feet.

Do 2 sets per foot.

**Benefit:** Supports ankle flexibility and helps prevent stiffness.



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### 6. HEEL RAISES (SITTING OR STANDING)

Strengthens calves and improves circulation.

**Sitting:**

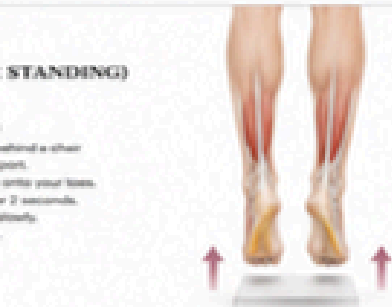
1. Sit tall with feet flat.
2. Lift your heels up as high as you can.
3. Hold for 2 seconds.
4. Lower slowly.
5. Repeat.

**Standing:**

1. Stand behind a chair for support.
2. Rise up onto your toes.
3. Hold for 2 seconds.
4. Lower slowly.
5. Repeat.

Do 10-15 reps, 2 sets.

**Benefit:** Strengthens calves, arches and improves circulation.



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### 7. WALL CALF STRETCH

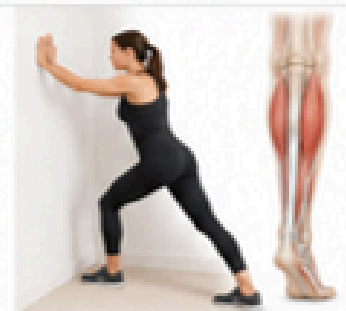
Stretches the calves and Achilles tendon.

**How to do it:**

1. Stand facing a wall, hands on the wall at shoulder height.
2. Step one foot back, keep the heel on the floor.
3. Bend the front knee and lean forward until you feel a stretch in your calf.
4. Hold for 20-30 seconds.
5. Switch legs.

Do 2-3 stretches per leg.

**Benefit:** Improves flexibility and helps prevent heel and ankle pain.



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### 8. WATER TOE LIFTS (AQUA PILATES)

Strengthens the front of the lower leg and improves ankle control.

**How to do it:**

1. In clear deep water, stand or float with good posture.
2. Lift your toes up toward your shin.
3. Hold for 3 seconds.
4. Point your toes down.
5. Repeat.

Do 10-15 reps.

TOES UP      POINT TOES DOWN

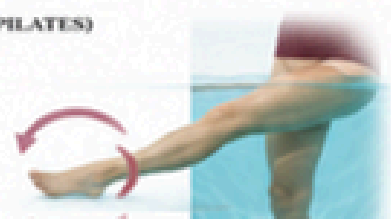


### 9. WATER LEG CIRCLES (AQUA PILATES)

Improves hip, knee and ankle mobility.

**How to do it:**

1. In clear deep water, hold onto the pool edge or use water weights for balance.
2. Lift one leg slightly off the floor.
3. Slowly make small circles with your foot.
4. Do 10 circles each direction.
5. Switch legs.



9

# 1. FOOT ROCKER

*Improves ankle mobility, calf flexibility and circulation.*

## How to do it:

1. Sit tall on a chair, feet flat on the floor.
2. Slowly rock your foot forward, lifting your heel and pressing through your toes.
3. Then rock back, lifting your toes and pressing through your heel.
4. Repeat in a smooth, controlled motion.



### Benefit:

Improves ankle mobility, circulation and reduces stiffness.



Do 10–15 rocks,  
2 sets per foot.



**TIP:** Move slowly and with control. Breathe steadily.

**ROCK FORWARD**

*(toes down)*



**ROCK BACK**

*(heel down)*



## 2. GOLF BALL ROLL

*Releases foot fascia tension and improves flexibility.*

### How to do it:

1. Sit on a chair and place a golf ball under one foot.
2. Gently roll the ball from your heel to your toes.
3. Pay extra attention to tender or tight spots.
4. Roll the entire foot.



### Benefit:

Helps release tight fascia, reduces foot pain and improves flexibility.



Do for 1–2 minutes per foot.



FOCUS ON TIGHT SPOTS



**TIP:** Breathe deeply and relax your foot as you roll.

### 3. TOE SPREADS

*Strengthens small foot muscles and improves toe alignment.*

#### How to do it:

1. Sit with your feet flat on the floor.
2. Spread your toes as wide as you can.
3. Hold for 5 seconds.
4. Relax and repeat.



#### Benefit:

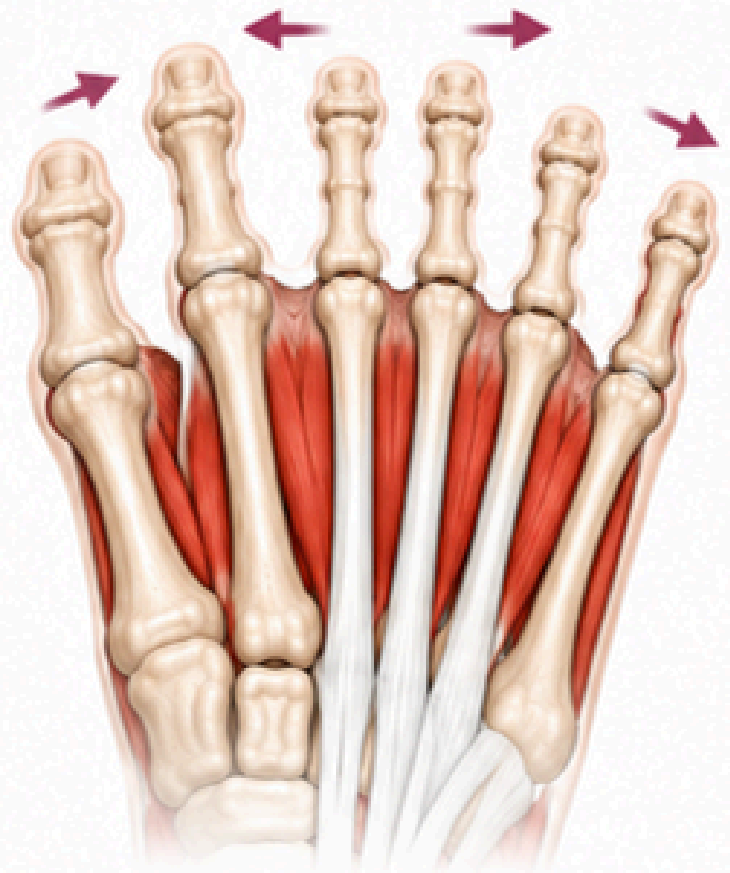
Helps prevent bunions, improves balance and foot function.



Do 10–15 reps, 2 sets.



**TIP:** Keep your toes relaxed between each rep.



HOLD FOR 5 SECONDS

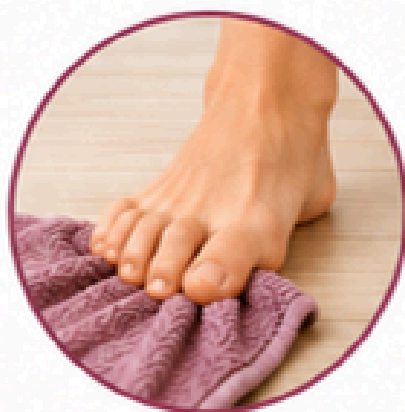


## 4. TOWEL SCRUNCHES

*Strengthens the intrinsic foot muscles and improves arch support.*

### How to do it:

1. Sit on a chair and place a small towel on the floor.
2. Place your foot on the towel with your heel on the floor.
3. Scrunch the towel toward you by curling your toes.
4. Release and repeat.



### Benefit:

Strengthens small foot muscles, improves arch support, balance and stability.



Do 10–15 scrunches, 2 sets per foot.



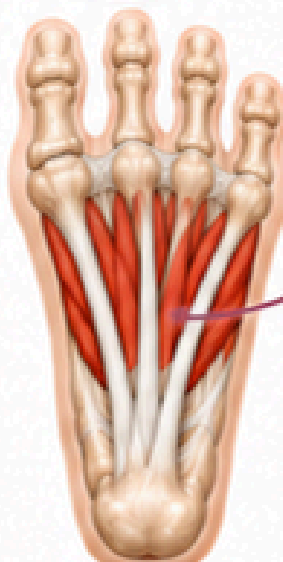
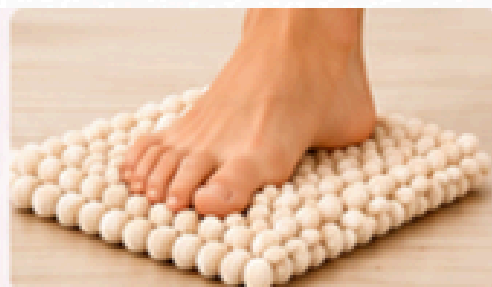
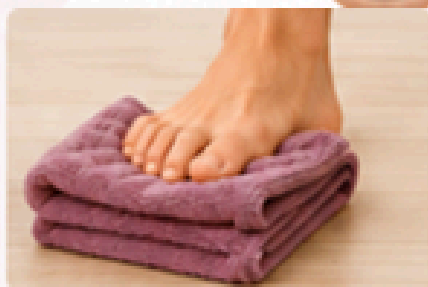
### TIP:

Keep your heel down and use only your toes to scrunch the towel.

### VARIATION (MAKE IT HARDER)



Use a thicker towel or try it on a thicker surface.



TARGETS  
INTRINSIC FOOT  
MUSCLES



### REMEMBER:

Strong feet support a strong body!

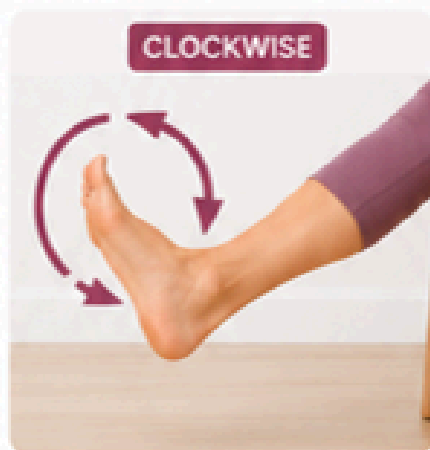


## 5. ANKLE CIRCLES

*Improves ankle mobility, flexibility and circulation.*

### How to do it:

1. Sit on a chair with one leg extended and the other foot flat on the floor for support.
2. Lift your extended foot slightly off the floor.
3. Slowly rotate your ankle in a clockwise direction 10 times.
4. Then reverse and rotate in a counterclockwise direction 10 times.
5. Repeat with your other foot.



Do 10 circles each direction, 2 sets per foot.



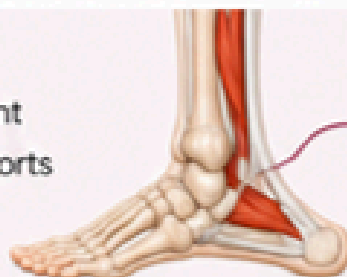
### TIP:

Move slowly and smoothly. Keep your knee still and move from your ankle only.



### Benefit:

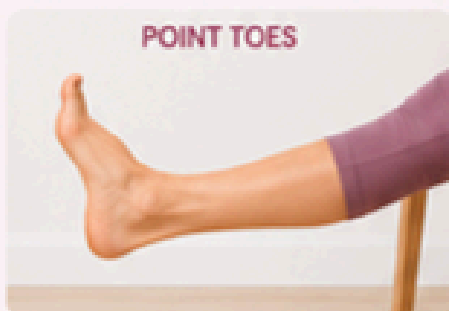
Improves ankle mobility and flexibility, helps prevent stiffness and swelling, boosts circulation and supports balance and daily movement.



TARGETS ANKLE JOINT MOBILITY

### VARIATION (MAKE IT HARDER)

- ★ Make larger circles or point your toes for more range and engagement.



POINT TOES



MAKE LARGER CIRCLES



### REMEMBER:

Strong feet support a strong body!



## 6. CALF RAISES

*Strengthens the calf muscles, improves balance and ankle stability.*

### How to do it:

1. Stand behind a chair and hold the backrest for support.
2. Keep your feet hip-width apart and your knees straight.
3. Slowly rise up onto your toes.
4. Hold for 2 seconds at the top.
5. Slowly lower your heels back down with control.



Do 10–15 repetitions,  
2 sets.



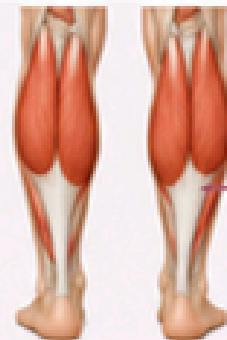
### TIP:

Move slowly and with control. Don't bounce. Keep your core engaged and posture upright.



### Benefit:

Strengthens your calves, supports ankle stability, improves circulation and helps with daily activities like walking and climbing stairs.



TARGETS  
CALF MUSCLES

### VARIATION (MAKE IT HARDER)

- ★ Try doing single-leg calf raises. This increases strength, balance and stability.



### REMEMBER:

Strong feet support a strong body!



# 7. WALL CALF STRETCH

*Stretches the calf muscles, improves flexibility and supports ankle mobility.*

## How to do it:

1. Stand facing a wall about an arm's length away.
2. Place your hands on the wall at shoulder height.
3. Step one foot back, keeping your front knee slightly bent.
4. Keep your back leg straight with your heel pressed into the floor.
5. Lean forward gently until you feel a stretch in your back calf.
6. Hold for 20–30 seconds.
7. Switch legs and repeat.



Hold for 20–30 seconds each leg, 2–3 sets per leg.



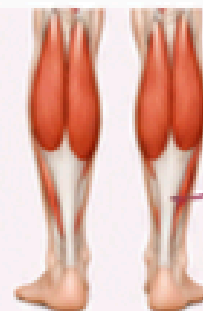
### TIP:

Do not bounce. Lean gently into the stretch and breathe steadily.



### Benefit:

Stretches and lengthens the calf muscles, improves flexibility, supports ankle mobility and helps reduce tightness and soreness.

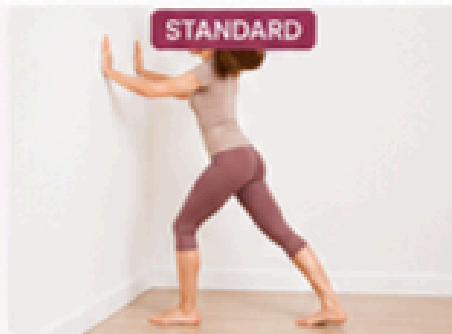


TARGETS CALF MUSCLES

### VARIATION (MAKE IT HARDER)



To increase the stretch, step your back foot farther away from the wall.



### REMEMBER:

Strong feet support a strong body!

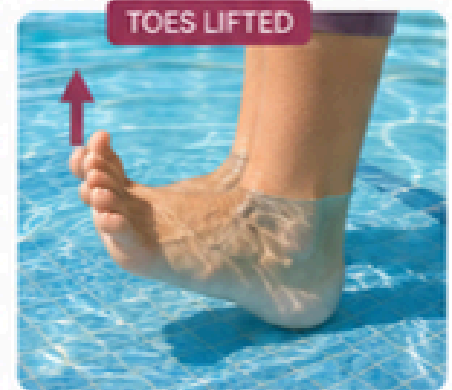


## 8. WATER TOE LIFTS

*Strengthens the toes, improves flexibility and promotes foot mobility.*

### How to do it:

1. Stand in a pool where the water reaches just above your ankles.
2. Keep your feet flat on the pool floor and your heel down.
3. Slowly lift your toes up toward the surface of the water.
4. Lower your toes back down.
5. Repeat for the desired number of repetitions.



Do 10–15 lifts,  
2–3 sets per foot.



### TIP:

Move slowly and with control.  
Keep your heel down at all times.



### Benefit:

Strengthens toe muscles, improves flexibility and circulation, and supports balance and overall foot health.

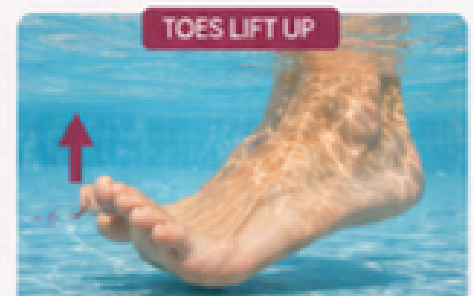


TARGETS  
TOE MUSCLES

### VARIATION (MAKE IT HARDER)



Try curling your toes under in the water and then lifting them up for added strength and control.



### REMEMBER:

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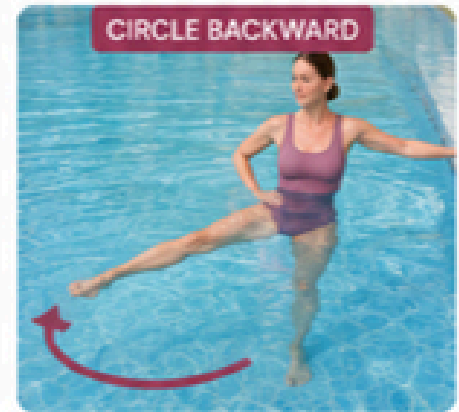
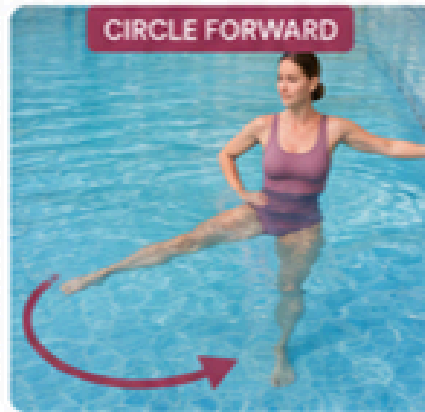


## 9. WATER LEG CIRCLES (AGUA PILATES)

*Improves hip mobility, strengthens leg muscles and supports balance and stability.*

### How to do it:

1. Stand in the pool with the water reaching between your waist and chest.
2. Hold onto the pool wall or a rail for support.
3. Lift one leg straight out to the side, keeping your toes relaxed.
4. Slowly draw a circle in the water with your leg.
5. Do 5 circles in one direction.
6. Then reverse and do 5 circles in the other direction.
7. Repeat with your other leg.



Do 5 circles each direction, 2–3 sets per leg.



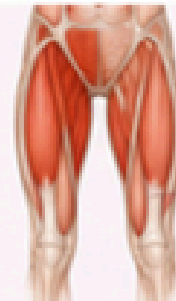
### TIP:

Move slowly and with control. Keep your core engaged and avoid leaning to the side.



### Benefit:

Improves hip mobility, strengthens leg and core muscles, promotes circulation and supports balance and stability in and out of the water.

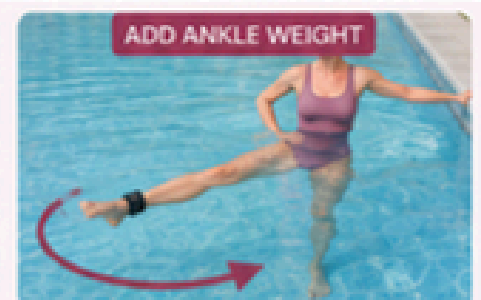
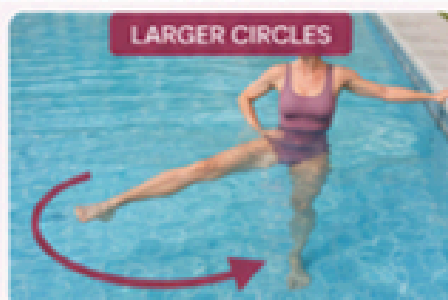


TARGETS HIP AND LEG MUSCLES

### VARIATION (MAKE IT HARDER)



Make larger circles for more resistance or add a light ankle weight for an extra challenge.



### REMEMBER:

Strong feet support a strong body!

