

PHYSICAL ACTIVITY



BALANCE

Balance is important to help you get around, stay independent, and carry out daily activities!

What are the benefits of having good balance?

- Helps prevent falls.
- Improves muscle strength and muscle tone.
- Improves mobility, while increasing your day-to-day safety around home and around town.
- Improves self-confidence, overall health, and well-being.

F.I.T. Program: Balance Exercises

Frequency – 2 to 3 days/week

Intensity – low to moderate
(with the goal to breathe comfortably)

Time – aim for 10-15 minutes to do about 4 balance exercises

Progression – increase duration and/or frequency as your balance improves over time

Life is all about balance. Be content, but never stop improving yourself.



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Getting Started!

Below are a few tips and exercises to help improve your balance:

- Stand on one foot for 7-10 seconds. Repeat with the other foot.
- Walk heel-to-toe in a straight line.
- Any activity that keeps you on your feet and moving, such as walking, can help you maintain good balance.
- You can use walls, furniture, or the shoulder of a loved one to practice some balance exercises.
- With regular practice, your balance will improve.

Yoga is a great way to improve balance, strength, and flexibility.



STAND ON ONE FOOT

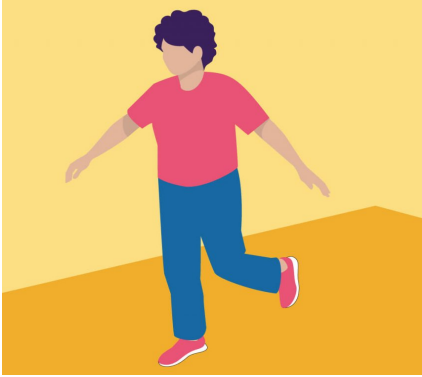
- Stand on one foot behind a sturdy chair holding on for balance.
- Hold position for 10 seconds. Repeat 10-15 more times with each leg.
- You can do this exercise while waiting for the bus or standing in line at the grocery store.

*Every day is a new beginning.
Take a deep breath and start again.*



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ROCK THE BOAT

- Stand up straight with your feet shoulder-width apart and arms raised to the sides to help you keep balance.
- Slowly lift your left foot off the ground, while keeping your right leg straight by leaning slightly to the right.
- Hold for 5-10 seconds before lowering your left foot back to the ground. Repeat with your right leg and try to do 10 rounds.

Extremes are easy. Strive for balance.

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HEEL-TO-TOE WALK

- Raise arms to sides, shoulder height. Choose a spot ahead of you and focus on it to keep you steady as you walk.
- Walk in a straight line with one foot immediately in front of the other (heel-to-toe).
- Pause for 1-2 seconds before stepping forward. Repeat for 20 steps.
- Advanced option: raise your knee high as you step.

You are Resilient!



ADVANCED OPTION

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- Stand up straight with feet shoulder-width apart behind a sturdy chair, holding onto it for balance.
- Imagine you are standing in the center of a clock. 12 o'clock is directly in front of you and 6 o'clock is behind you.
- Lift your right leg slightly and extend your right arm, so it is pointing to 12 o'clock (in front of you). Next point your arm to 3 o'clock, and finally to 6 o'clock (behind you).
- Switch sides and repeat 2-3 times per side.

CLOCK REACH

*Live a balanced life!
Work and play and
laugh and sing and learn
some every day!*