

WALK ON A LINE



- Find a line in your exercise room and have participants try to walk along that path as closely as possible.
- To improve balance, keep your arms out to the side and take larger steps.
- Be sure to use good posture and look straight ahead as much as possible.
- Repeat and continue on to Balance 2.

ONE-LEG STAND



- Stand behind a chair or near a wall for balance (you can hold on with two hands, one hand, one finger or not at all).
- Hold as long as you can – building up to 30 seconds or longer.
- Repeat exercise on your right foot.
- Repeat 2 times on each leg and continue on to Balance 3.

(M): *Do the same exercise, except keep your right toe on the ground when balancing on your left foot. Do not put much weight on your right toe, just keep it there for more stability.*

CALF RAISES



- Stand behind a chair or near a wall for balance (you can hold on with two hands, one hand, one finger or not at all).
- Contract your core (abdominal) muscles and slowly rise up onto the balls of your feet so your heels are off the ground.
- Slowly lower your heels back to the ground.
- During this exercise, be sure to keep your heels in line with your toes.
- Complete 8 – 12 repetitions and continue on to Balance 4.

KNEE RAISES



- Stand behind a chair or near a wall for balance (you can hold on with two hands, one hand, one finger or not at all).
- Lift one foot up off of the ground as if you were stepping over a log.
- Hold and lower your foot back to the floor. Repeat with the other leg.
- Complete 8 – 12 repetitions per leg and continue on to Balance 5.

(M): *Do the same motion with your leg from a seated position.*

TOE LIFTS



- Stand behind a chair or near a wall for balance (you can hold on with two hands, one hand, one finger or not at all).
- While keeping your heels on the floor, slowly lift your toes up one at a time or both together.
- During this exercise, be sure to keep your heels in line with your toes.
- Hold and slowly lower your toes back to the floor.
- Complete 8 – 12 repetitions and continue on to Balance 6.

REACH FORWARD



- Sit upright near the edge of your chair with feet slightly more than shoulder width apart.
- Keeping your back straight, bend forward from the hips, slowly reach your arms forward and shift your weight on to the balls of your feet.
- Return to starting position.
- Complete 8 – 12 repetitions and continue on to Balance 1 for a 2nd set, or to Flexibility 1.