

BUILDING BALANCE FROM HEAD TO TOE

What is Balance?

Balance, also referred to as stability, is the component of fitness that focuses on one's ability to control his or her body when stationary or in movement. Balance is most relevant in preventing falls when moving or when standing on unpredictable/unsteady surfaces, as well as during peak performance as a way to coordinate complex, compound movements into a single fluent movement outcome.

Why is Balance important in my every day life?

Aside from providing you with added safety in an unstable environment, balance contributes to the overall feeling of wellness by making common movements more efficient and therefore making every-day activities easier to perform.

How do I train my Balance?

- Specific exercises that are unassisted or even additionally challenging, targeted at individual stabilizing muscles
- Compound balance exercises, integrated into functional movements of everyday activities. (Emphasis)

My top rated exercises for core strength and balance training:

Exercise	Description
1. Twisted abdominal curls on the stability ball	
2. Contralateral back extension on the mat (Supermans)	
3. Spartan lifts	
4. T-stand	
5. Lunges on the BoSU	

Other core strength and stabilization exercises:

Exercise:	Description:
BoSU jack-knives	
BoSU static v-sit	
BoSU v-sit with weighted rotary torso	
Reverse abdominal curl on mat	
Mat ab cycle with rotary torso	
Stability ball oblique curls	
Stability ball back extension	
Weighted dead-lift	
Weighted lumbar jack	
Stability ball sit/ kneel/ stand	
Stability ball hamstring curls	
Stability ball prone reverse ab curls	
BoSU hops	
BoSU lunges	
BoSU squats	
BoSU push-ups	
BoSU oblique plank	
Agility ladder high knees/ quick feet/ side to side/ other patterns	

Functionally integrated core strength and balance activities:

- Seeing activities of daily living as opportunities for physical development
- Applying proper lifting, bending and carrying technique
- Developing healthy habits that promote good posture, functional movement and acquiring new, more complex skills

Examples:

- Sitting posture (modifiable via a fitball sitting disc)
- Putting on shoes while standing vs. sitting
- Getting into and out of bed, couch or car with less assistance yet with improved posture and technique
- Lifting out laundry while bending with a neutral spine
- Sleeping predominantly on one's back
- Alternating arms when carrying objects like groceries, purses/ bags, children, etc.
- Ergonomically arranging working space/ office space
- Walking more softly/ smoothly/ elegantly
- Habitually drawing back the shoulders and extending the entire spine upward