

Balance is the body’s ability to **control** and **stabilize** its position, whether stationary or moving. Challenging our balance helps reduce our risk of falling, improves mobility, strengthens muscles, improves coordination, and supports brain health. Many of these activities can be incorporated into daily activity patterns (e.g., standing on one foot in line at the grocery store).

However, for safety reasons, it is important to have something sturdy nearby for support in case a loss of balance occurs.

Use a sturdy chair for support as needed. Alternate sides, as able, repeating each movement slowly 5-8 times. Complete exercises all together or over the course of a day.

Challenge your balance *every day!* Wobbling is good – it means you are challenging your balance!

Warm-up: Do 4-5 minutes of walking or marching and make sure to move your arms to warm up lower and upper body.

Muscular Strength: It is important to complete muscular strength exercises 2-3 times per week.



#1 – SEMI-TANDEM STANDING
Place feet slightly apart, narrower than shoulder-width. Draw one foot ahead of the other, lining up heel to toe and pause. Repeat with other foot in front. Transfer weight forward and back for increased challenge.



#2 – TANDEM STANDING
Place one foot directly in front of the other, touching heel to toe and pause. Repeat with other foot in front. Transfer weight forward and back for increased challenge.



#5 HAMSTRING CURL
With knees together, lift heel towards buttocks then slowly lower. Alternate legs. Move slow and controlled.



#3 – STANDING HIP FLEXION
While maintaining good posture, lift one leg off the floor, bending at the knee. Move slow and controlled, alternating legs, drawing toes toward the ceiling.



#6 – STANDING HIP EXTENSION
Maintain a straight leg, move one leg backward, hovering toes above the floor. Repeat on the other leg. Move slow and controlled.



#4 – STANDING HIP ABDUCTION
Bring the leg out to the side. Maintain a straight leg, lead with your heel (toes in slightly). Move slow and controlled, alternating sides.



#7 – CALF RAISE / TOE RAISE
Slowly lift heels off the floor, maintaining good posture. Slowly return to flat feet. Then rock back onto heels, lifting up toes. Complete on one foot at a time to increase challenge.



#8 – STANDING REACH
Stand tall facing your chair, feet staggered. Reach one arm up and forward, eyes forward. To increase challenge, lift the back foot off the floor.



#9 – SIDEWAYS REACH
Stand tall facing the chair, arms out at shoulder height. Reach to one side, maintaining a neutral spine, then return to center. Alternate sides. To increase the challenge, lift the opposite foot off the floor at the same time as you are reaching.



#10 – TRUNK / NECK ROTATION
Maintain good posture, from seated or standing, with arms extended in front at shoulder height, palms together. Draw one arm to the side and back, following your thumb with your gaze. Leave feet planted, only moving through trunk and neck. Return to starting position and alternate sides.



#11 – POSTURAL SWAY
Maintain good posture, facing chair. Keeping feet flat, shift your weight into your heels, only going as far as you can while keeping feet flat on floor. Return to center. Keeping feet flat, shift your weight into your toes, only going as far as you can while keeping feet flat on floor. Return to center.

**For more information and resources for older adults, contact
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ADDITIONAL BALANCE EXERCISE OPTIONS

Change your hand support:

Option 1: Place both hands on chair for support **Option 2:** Place one hand on chair **Option 3:** Place only fingertips on chair **Option 4:** Hover hands above chair.

Change your gaze/ move your eyes around:

Option 1: Keep gaze locked into something in front **Option 2:** Look side to side or up and down (go slow to keep from getting dizzy!) **Option 3:** Close one or both eyes if you feel safe to do so.

Consider your base of support:

The wider your feet, the greater base of stability (support) you have. Choose the width that is safe, but challenging!