

8 EASY Balance Exercises

Balance Exercises improves the body's ability to control and stabilize its position. It is beneficial in people of any age, reducing the risk of falls, and helping improve brain functions.

Please consult your doctor before starting any exercise program!



Stand on



1. Stand on one foot behind to a chair
2. A chair may be used for assistance
3. Hold position for 10 seconds
4. Repeat 15 times for each leg

Weight Shift



1. Stand feet width apart
2. Shift weight to your right foot and lift left foot for 30 seconds
3. Alternate with other leg

Side Leg Raise



1. Lift up one leg off the ground
2. Bend it back for 30 seconds
3. Alternate with other leg

Flamingo Stand



1. Stand on one foot without support for a period of time
2. Alternate with other foot

Balance Walk



1. Raise arms to sides
2. Walk in a straight line
3. Lift your back leg
4. Pause for 1 second before stepping forward
5. Repeat 20 steps for each leg

Heel to Toe Walk



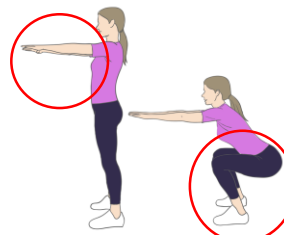
1. Position your heel of one foot in front of the toes of the other foot
2. Take a step and place your heel to other foot
3. Repeat for 20 steps

Back Leg Raises



1. Keep balance on single leg while pulled to one side with resistance band around ankles
2. Alternate with other foot

Sit-to-stands



1. Stand with your feet shoulder-width apart
2. Squat down by pushing knees to the side while pushing hips back

Exercises and images adopted from the [National Institute of Aging](#) and [Mayo Clinic](#)

= Level of Difficulty



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