

Balance Walk

- 1 Raise arms to your sides, shoulder height.
- 2 Choose a spot ahead of you and focus on it to keep you steady as you walk.
- 3 Walk in a straight line with one foot in front of the other.
- 4 As you walk, lift your back leg. Pause for 1 second before stepping forward.
- 5 Repeat for 20 steps.

TIP: *As you progress, try looking from side to side as you walk, but skip this step if you have inner-ear problems.*





CHALLENGE YOURSELF TO IMPROVE YOUR BALANCE

Exercises to strengthen your legs and ankles also can help improve your balance. As you progress, try adding these challenges to help even more.

- Start by holding on to a sturdy chair with both hands for support.
- To challenge yourself further, try holding on with only one hand.
- As you feel steady, use just one finger for balance, or try the exercises without holding on.
- When you are steady on your feet, try doing the exercises with your eyes closed.





COOL DOWN

Cooling down at the end of your workout gives your muscles a chance to gradually return to rest. Again, this is important to prevent injury. To cool down, take about 5 minutes to do the following 4 flexibility exercises.

FLEXIBILITY EXERCISES

Ankles

- 1 Sit securely toward the edge of a sturdy chair.
- 2 Stretch your legs out in front of you.
- 3 With your heels on the floor, bend your ankles to point toes toward you.
- 4 Hold the position for 10-30 seconds.
- 5 Bend ankles to point toes away from you and hold for 10-30 seconds.
- 6 Repeat 3-5 times.



Back

If you've had hip or back surgery, talk with your doctor before trying this stretch.

- 1 Sit toward the front of a sturdy chair with armrests, with your feet flat on the floor, shoulder-width apart. Stay as straight as possible.
- 2 Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh.
- 3 Hold the position for 10-30 seconds. Slowly return to face forward.
- 4 Repeat 3-5 times. Reverse positions and repeat 3-5 times on the right side.

TIP: *As you progress, try lifting your left arm and resting it comfortably on the back of the chair. Hold on to the left armrest with your right arm. Repeat on your right side.*

