

Balance exercises

Equipment:

Flat seat cushion

Sturdy chair with a back rest or benchtop

2 square meters of clear space

Frequency

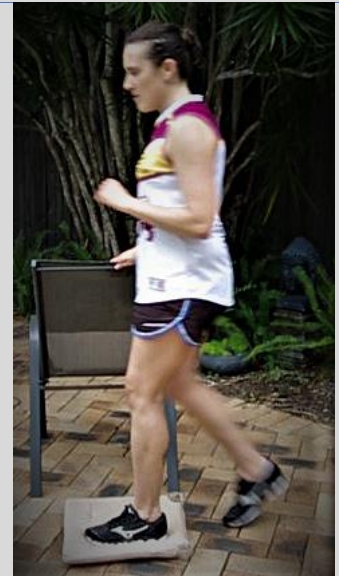
Aim for 10 repetitions

Rest for 1 minute

Repeat

Step ups

1. Place the cushion in front of you next to the chair, place one hand on the chair for support
2. Step up on to the cushion
3. Ensure your whole foot is on the cushion
4. Pause for a count of 2 when both feet are on the cushion
5. Step back off the cushion
6. Practice leading with your left foot and then your right foot



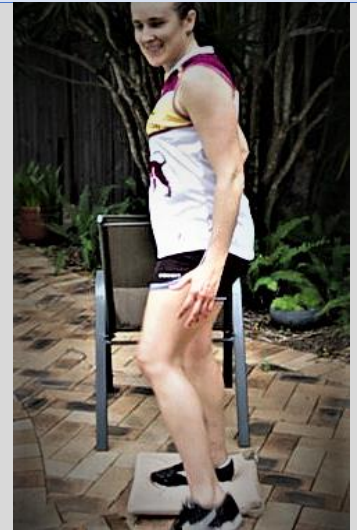
Toe taps

1. Place the cushion in front of you next to the chair, place one hand on the chair for support
2. Shift your weight to your right leg
3. Raise your left foot and tap the cushion in front
4. Lower your left foot to the start position
5. Repeat 10 times with your left leg and 10 with your right



Side steps

1. Stand on the cushion, place your right hand on the chair for support
2. Raise your left foot and tap out to the side of the cushion
3. Return your left foot to the start position
4. Do 10 taps with your left foot
5. Turn around and place your left hand on the chair
6. Do 10 taps with your right foot



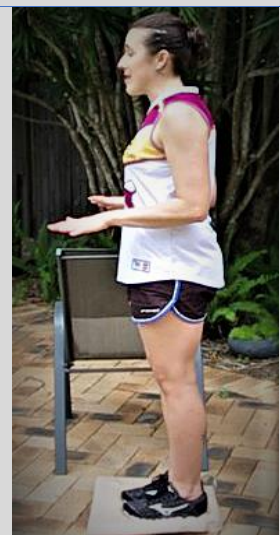
Tandem stand

1. Stand on the cushion, place your left hand on the chair for support
2. Place your left foot in front of your right, heel to toe
3. Take your hand off the chair, balance for 10 seconds
4. Place your hand back on the chair
5. Rest and repeat
6. Place your right foot in front of your left and repeat



Eyes closed stand

1. Stand on the cushion with your feet side by side
2. Place your hand on the chair for support
3. Close your eyes and maintain your balance
4. Keep your eyes closed and raise your hand off the chair
5. Hold this stance for 10 seconds with your eyes closed
6. Open your eyes and place your hand back on the chair



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Exercise made easy by

