

# Balance Training Exercises

## **Standing on One Foot**

- Improve your balance by standing on one foot.
- Stand on one foot behind a sturdy chair, holding on for balance.
- Hold position for up to 10 seconds.
- Repeat 10 to 15 times.
- Repeat 10 to 15 times with other leg.
- Repeat 10 to 15 more times with each leg.

## **Back Leg Raises**

*Strengthen your buttocks and lower back with back leg raises.*

- Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
- Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your leg.
- Repeat 10 to 15 times.
- Repeat 10 to 15 times with other leg.
- Repeat 10 to 15 more times with each leg.

## **Side Leg Raises**

*Strengthen your hips, thighs, and buttocks with side leg raises.*

- Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
- Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your leg.
- Repeat 10 to 15 times.
- Repeat 10 to 15 times with other leg.
- Repeat 10 to 15 more times with each leg.

## **Walking Heel to Toe (If you feel you can't do safely not do!)**

*Improve your balance by walking heel to toe.*

- Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
- Choose a spot ahead of you and focus on it to keep you steady as you walk.
- Take a step. Put your heel just in front of the toe of your other foot.
- Repeat for 20 steps.

## **Balance Walk(If you feel you can't do safely not do!)**

*Improve your balance with the balance walk.*

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