

Balance Exercises for Seniors: 8 Moves

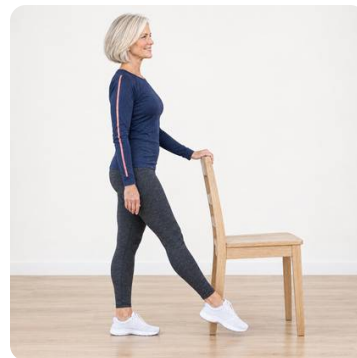
3 days a week. Do the moves in order, 1 round. Rest whenever you need to.



1 Side Weight Shifts

1. Stand behind the chair, hands on the backrest, feet hip-width apart.
2. Shift your weight slowly onto your right foot.
3. Shift back through the middle onto your left foot.

Week 1: 8 reps



2 Toe Taps

1. Stand tall holding the chair back.
2. Tap one foot lightly behind you, then bring it back.
3. Repeat, then switch feet.

Week 1: 8 reps



3 Feet-Together Stand

1. Stand tall next to the chair, hand on the backrest.
2. Bring your feet together so they touch.
3. Hold steady, breathing slowly.

Week 1: hold 10 sec



4 Step Stand

1. Stand next to the chair, hand on the backrest.
2. Place one foot a comfortable step in front of the other, toes forward.
3. Hold, then switch feet.

Week 1: hold 10 sec

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5 One-Leg Stand

1. Stand next to the chair, hand on the backrest.
2. Lift one foot a few inches off the floor.
3. Hold, then switch legs.

Week 1: hold 10 sec



6 Sit to Stand

1. Sit near the front of the chair, feet flat.
2. Lean forward and stand up, pushing through your heels.
3. Sit back down slowly.

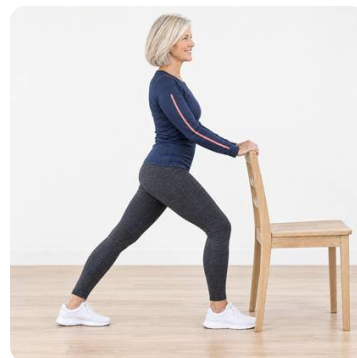
Week 1: 8 reps



7 Heel-to-Toe Walk

1. Stand next to a wall or counter.
2. Step forward placing your heel right in front of your toes.
3. Take slow steps in a straight line.

Week 1: 8 reps



8 Calf Stretch

1. Hold the chair back, step one foot back.
2. Keep the back leg straight, heel down.
3. Bend the front knee until you feel a stretch, then switch.

Week 1: hold 10 sec