



30 DAY, AT HOME BEGINNER BALANCE CHALLENGE

December 1st – December 31st

Good balance is important to the activities we do every day and key to preventing falls and injuries. Improve your balance and give yourself small, active breaks during your workday by joining us in a 30-day balance challenge. Complete one of these exercises below at the beginning of each hour, for 12 hours. This challenge will help you feel more balanced every day.

1. Sit to stands (no hands) for 1 minute
2. Hop on one leg for 1 minute (2 minutes total)
3. Hamstring pulls for 1 minute (2 minutes total)
4. Quadricep pulls for 1 minute (2 minutes total)
5. Rock between balls of feet and heels for 1 minute
6. Wall push ups for 1 minute
7. Stair calf raises for 1 minute
8. Downward dog hand walks for 1 minute
9. Bean bag balance (place object on top of head and walk as far as you can without it falling off)
10. Heel- toe walking in a straight line for 1 minute
11. 30 second plank
12. Wall sit for one minute

**If you have any questions about this workout, please contact
Zoe Frangules at ANAintern@mvyymca.org.**

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