

Balance Exercises

One legged balance

- Using a chair nearby for help, stand on one leg. Add a dumbbell or any other weight to bring to the center of your body for an extra challenge.

Sit to stands

- Sit in a chair, or any surface, and stand up without using your arms

Tandem walk

- Walk heel to toe with every step. Try to place your heel at the other foot's toe with every step. Spread arms for better balance.

Wall sit

- Find a wall and slide down into a squat like stance with your knee at a 90 degree angle. Hold that position.

