Balance Activities for Home

Balance training consists of strengthening core muscles (abdominals, back extensors, and hip muscles) to improve balance and coordination.

Balance Training will:

- Improve the communication between your muscles and your brain
- Increase core stabilization, which is pertinent for spine care, athletic skills, and posture
- Prevent falls
- Burn more calories because of increased demand on core muscles
- Reduce injuries
- Improve your overall quality of life!

Perform these exercises at the kitchen counter or at a location that has a stable surface to hold.

Remember to look out in front of you, not at your feet.

Maintain good posture with a strong core.

To increase the difficulty, use less assistance from the counter.

**Single Leg Standing** Stand on one leg and try to hold position for at least 30 seconds. Perform 3-5 times on each leg.

**Tandem Standing** Stand heel-to-toe while holding onto the counter. Try to hold the position for at least 30 seconds. Switch feet. Perform 3-5 times on each leg.

**Marching In Place** Keeping a strong core with stomach tight, raise knee slowly as high as you can, pause, then bring leg down. Repeat with other leg, alternating for 20 repetitions.

**Lunges** Lunges can be performed 2 ways:
- **Static:** Staggered stance without moving feet
- **Dynamic:** Stepping in and out of a staggered stance. Be sure to keep your trunk upright and hips forward. Perform 5-10 times on each leg.

**Heel-Toe Walking** Use counter for support while walking heel-to-toe. Use a piece of tape as your line if needed. Perform 5-10 steps, then turn around and go back 5-10 steps. Repeat 3 times.