

INSTRUCTIONS:

For this balance program, the idea is that every exercise should feel safe but challenging. This involves the following progressions with increasing levels of difficulty:

Stance

1. Feet Apart (shoulder or hip width)
2. Feet Together
3. Partial Heel-Toe
4. Heel-Toe
5. Single Leg Stance

Eyes

1. Eyes open
2. Eyes closed

INSTRUCTIONS, cont.

Head Position

1. Turn R and hold; turn head L and hold.
2. Head down and hold; head up and hold.
3. Tilt head R and hold; tilt head L and hold.

Head Movement

1. Head turn R and L.
2. Head down and up.
3. Head tilt R and L.

INSTRUCTIONS, cont.

Hold Time Per Exercise: 30-60 seconds

Total Time Per Session: 7-10 minutes

Sessions Per Week: 3-4