

Level 3 Balance Exercise #12: Heel to Toe Walk

Objective: This exercise improves your balance and coordination while making your legs stronger, which helps to reduce your fall risk.

How to begin:

1. Stand up tall beside a sturdy counter or next to a ballet bar.
2. Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot.
3. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes.
4. Repeat the step with your left foot. Walk this way for _____ steps.

How to progress:

1. Increase the number of steps you take.
2. Hold weights at your sides.

Goal:

1. Do _____ sets, _____ steps each time.
2. Aim to practice this balance exercise 2-3 days per week.

**You can use one hand to touch the surface of the bar or counter or place your arms out at your sides to help with your balance.*

