

## Level 1 Balance Exercise #1: Marching

**Objective:** This exercise improves your balance and strengthens your legs. You will need a chair or counter.

### How to begin:

1. Begin standing tall next a chair or at a counter, holding on if needed.
2. Raise your right leg, bending at the knee until it is at a 90-degree angle.
3. Lower your right leg back down to the floor.
4. Raise your left leg, bending at the knee until it is at a 90-degree angle.
5. Lower your left leg back down to the floor.
6. Continue alternating legs for 30-60 seconds.

### How to progress:

1. If you hold on to the chair or counter, progress by holding on with only one hand.
2. Hold on with 2 or 3 fingers.
3. Hold on with one finger.
4. Do not hold on at all.
5. Increase your speed by finding a steady cadence to march at.

### Goal:

1. Do \_\_\_\_ sets, \_\_\_\_ reps each leg.
2. Aim to practice this balance exercise 2-3 days per week.

