

## Level 1 Balance Exercise #2: Single Leg Stance

**Objective:** You stand on one leg every time you take a step or walk up and down stairs. Don't underestimate the importance of this single-leg stance exercise.

### How to begin:

1. Stand behind a steady, solid chair (not one with wheels), and hold on to the back of it.
2. Lift up your right foot and balance on your left foot.
3. Hold that position for 15-30 seconds or as long as you can, then switch legs.

### 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. Gradually increase the amount of time you hold the position with one leg up, attempting to hold for one minute.

### Goal:

1. Do \_\_\_\_ sets, holding for 15-30 seconds each leg.
2. Aim to practice this balance exercise 2-3 days per week.

