

Balance



Balance activities improve your ability to prevent a fall. The absolute best way to prevent a fall is to combine strengthening and balance activities.

Easy Balance Exercises

Single Foot Standing



- Stand on one foot while holding onto a sturdy surface like the sink. Count to 10.
- Try and lift one hand and then both hands. Switch to the other foot and do the same thing. Try this 3 times on each foot a few times a day.

Posture Perfect



- Stand with your back to a wall, holding on to a chair in front of you or the hands of your caregiver.
- Gently push your back into the wall so that your head, shoulders, your bottom and the backs of your heels are all touching the wall.
- Stand tall and hold this position for 30 seconds, letting go of any supports if possible. Repeat 3 times.

Toe and Heel Rises



- Stand at the kitchen counter or at a sturdy surface with your hands gently resting on top. Stand tall and look straight ahead with your feet a little closer than hip-width apart.
- Slowly bring your weight to your toes, lifting your heels off of the ground, so that you are standing on your tiptoes. Hold for 3 seconds and lower. Repeat 5 to 10 times.
- Next, lift your toes so that you are standing on your heels. Hold for 3 seconds and lower. Repeat 5 to 10 times.



Remember: To continue to improve your balance, do things that safely challenge you.

More Help

For additional information about being active go to www.cdc.gov/physicalactivity/basics/older_adults/.

Go to www.acsm.org/get-stay-certified/find-a-pro to find an ACSM certified exercise professional near you.