



Balance

Put simply, balance is our ability to maintain our base of support and not fall

Bad balance can throw you off in everyday life. By having good balance, we can save ourselves from injury due to falls

What is balance?

The importance of balance:

Simple at home ways to improve your balance

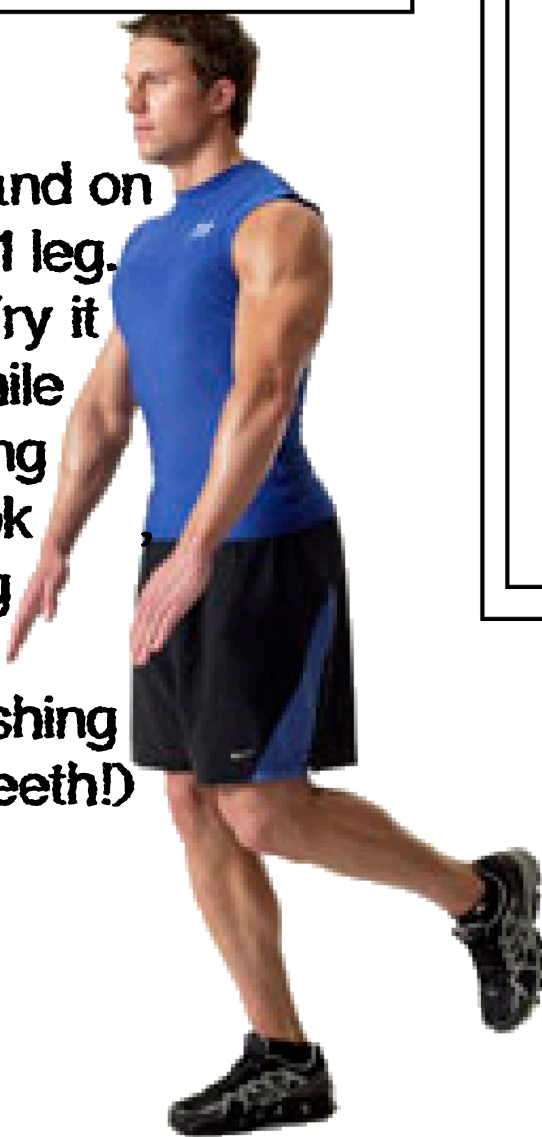
- Balance on your hands and knees with your core tight, lift and reach your opposite arm and leg off the ground simultaneously.



- Quadriceps-(Balance holding a chair or wall, bend your knee and bring your foot up, reach back and grab your foot with your hand and hold for 30 seconds, alternate and repeat 3x.



- Stand on 1 leg. (Try it while reading a book watching TV, or brushing your teeth!)



- Hamstrings-(seated on the ground with your legs out straight, bend at the waist and reach for your knees/shins/toes and hold for 30 seconds, repeat 3x)



- Walk heel-to-toe (around the house or on the sidewalk!)

