

Balance Essentials



Single Leg Stance-
Hold 10 sec
each leg



Foot Tap-Ups-
10 times each
leg



Narrow Stance Reach- Raise
arms 10 times



3-way Hip Kick- 10
times each



Standing Marches-
alternating
legs 10
times each



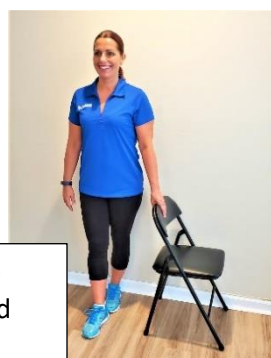
Mini-lunges- 10
times each leg



Lateral Step-
10 times each
leg



Squats-
10 reps



Heel to Toe Stance- hold
10 seconds



Heel Raises- 10
reps



Hamstring Stretch-
hold 10-20
seconds



Calf Stretch-
hold 10-20
seconds

**If you are new to exercise, check with your doctor before starting any exercise program. This material is not meant to substitute for care from your doctor or other healthcare professional. If you experience and signs or symptoms of injury or illness, seek the advice of a physician or other qualified healthcare professional.*