

# Advanced Balance Exercises

As you age, it's important to improve your balance with exercise. Do these exercises at home at least 3 times a week to prevent falls. You can do the easier exercises each day.

## Weight Shifts (Rock the Boat): improve balance

1. Stand tall as you transfer your weight to your right foot.
2. Slowly lift your left foot off the floor. Hold for 1 breath.
3. Put your left foot back on the floor.
4. Transfer your weight to your left foot. Slowly lift your right foot off the floor. Hold for 1 breath.
5. Repeat 10 times.



## Standing Leg Lift

1. Stand tall. Hold the back of a chair for support.
2. Lift one leg straight back behind you as high as you can.
3. Slowly lower it down, but don't let it touch the floor.
4. Repeat 15 times on each leg.



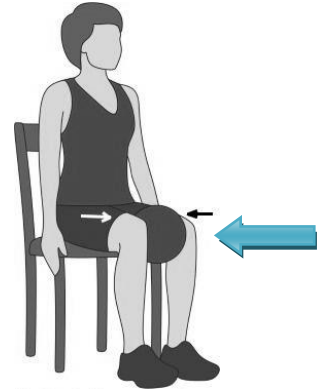
## Side Leg Raise

1. Stand behind a chair. Hold the back of it for support.
2. Keep your leg straight as you slowly lift it out to the side.
3. Slowly lower it down, but don't let it touch the floor.
4. Repeat 15 times on each leg.



## Inner Thigh Squeeze

1. Sit tall. Place a pillow between your knees.
2. Squeeze the pillow with your knees for 30-60 seconds.
3. Then release. Repeat 3 times.



## Clock Reach

1. Stand behind a chair. Hold the back of it for support.
2. Imagine you are in the center of a clock. 12 o'clock is in front of you.
3. Lift your right knee while you point your right hand at 12 o'clock. Hold for 1 breath.
4. Keep looking at 12 o'clock, while you point your right hand at 3 o'clock. Hold for 1 breath (when doing this on your left side, your left hand will point at 9 o'clock).
5. Keep looking at 12 o'clock, while you point your right hand at 6 o'clock. Hold for 1 breath.
6. Slowly bring your arm back to 3 o'clock, and then to 12 o'clock.
7. Repeat 2 times on each side.



## Lunge

1. Stand tall. Extend your right leg back behind you.
2. Lower down into a lunge by bending your legs into 90 degree angles.
3. Bend and straighten your legs 10 times.
4. Repeat on other side.

