

Basic 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.

Single Leg Stance

1. Stand behind a chair. Hold the back of it for support.
2. Lift your right foot off the floor.
3. Hold for 2 breaths.
4. Repeat 8 times on each side.

Once comfortable, stand on one foot without holding onto a chair for up to 1 minute. For an added challenge, balance on one foot while standing on a pillow.



Single Leg Stance with Arm Raise

1. Stand tall with your feet together next to a chair in case you need support.
2. Lift your left hand over your head as you slowly lift your left foot off the floor. Hold for 2 breaths.
3. Repeat 8 times on each side.



Marching in Place

1. Standing straight, lift your right knee as high as you can.
2. Lower it, then lift your left knee as high as you can.
3. Repeat 20 times.



*Photo taken from [Philips Lifeline](#)

Walking Heel to Toe

1. Put your right foot in front of your left foot so the heel of your right foot touches the toes of your left foot.
2. Move your left foot in front of your right, putting your heel down first then your toes. The heel of your left foot should be touching the toes of your right foot.
3. Repeat with your right foot.
4. Walk this way for 20 steps.



Calf Raises

1. Stand with your feet slightly apart. Hold the back of a chair for support.
 2. Rise onto your toes then lower back down but don't let your heels touch the floor.
 3. Repeat 20 times.
- Try raising up and down on one foot while holding your other foot off of the floor.



Kickbacks

1. Stand tall. Hold the back of a chair for support.
2. Gently kick one foot back, aiming your heel for the top of your thigh.
3. Lower your foot back down.
4. Repeat 10 times on each leg.

