10 EXERCISES TO IMPROVE BALANCE

1. Stand on tip-toes, raise arms, inhale/exhale
2. Stand on one foot—time yourself
3. Walk in line, heel to toe
4. Walk up or down stairs without holding the rail
5. Walk on a treadmill without using the hand rails
6. Practice sit-to-stands with hands clasped in front of body
7. Walk sideways
8. Walk sideways and forward/backward on a pad
9. Play catch with a medicine ball
10. Practice deep squats

Please do these exercises with caution. Stand close to something solid in case you need to hold on for support.