

Balance Class Exercises

Exercise 1: Tandem Walking (Heel - Toe Walking)



Stand with space in front of you to walk in to.

Walk in a straight line. As you step, the heel of your front foot should touch the toes on your back foot.

Hold on to a hand rail or stable surface for support if required.

+ To make this harder, increase your walking speed.

- To make this easier, increase your step length.

Exercise 2: Single Leg Stand



Stand on one leg.

Try to remain balanced.

Hold for 10 seconds and repeat on the opposite leg.

+ To make this harder, perform the exercise on a thick carpet or stand on a towel on the floor.

- To make this easier, hold on to a chair or stable surface for support.

Exercise 3: Side-ways Walking



Stand with space to the side of you to walk in to.

Take steps sideways.

When you reach the end of your space, repeat in the opposite direction.

Hold on to a hand rail or stable surface for support if required.

+ To make this harder, take larger steps.

- To make this easier, take smaller steps.

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Exercise 4: Marching on the Spot



Stand tall with your feet hip width apart and your weight even on both feet.

March in place.

Hold on to a chair or stable surface for support if required.

+ To make this harder, increase the speed of the march or the height of your knees.

- To make this easier, reduce the speed of the march or the height of your knees.

Exercise 5: Single Leg Stand with Hip Lift



Stand on one leg with your arms outstretched.

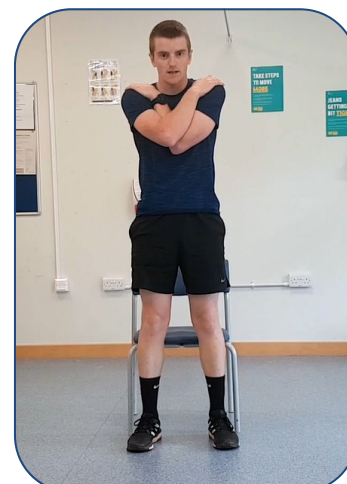
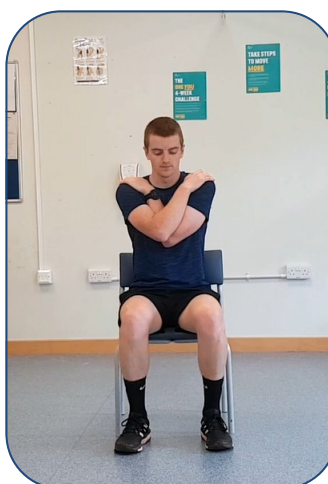
Try to remain balanced.

Hold for 10 seconds and repeat on the opposite leg.

+ To make this harder, perform the exercise on a thick carpet or stand on a towel on the floor.

- To make this easier, hold on to a chair or stable surface for support.

Exercise 6: Sit to Stand



Sit on a chair.

Lean your body weight forwards and stand. Try not to use your hands if you are able.

Sit back down slowly and with control.

+ To make this harder, use a lower chair or perform the exercise slower.

- To make this easier, increase the height of the chair using pillows.

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Exercise 7: Balance on a Cushion



Stand on one leg, on a cushion or towel.

Try to remain balanced.

Hold for 10 seconds and repeat on the opposite leg.

+ To make this harder, perform the exercise on a thicker cushion or towel.

- To make this easier, hold on to a chair or stable surface for support. Alternatively, use a thinner cushion or towel.

Perform each exercise for 1 minute.

Once you have completed all 7 exercises, you may rest for 2—3 minutes and then repeat the circuit if you are able to.

Exercise guidelines recommend that you should aim to do 150 minutes of moderate intensity exercise per week.

This is exercise which gets you warm and out of breath.

**** Participation Disclaimer ****

By performing any fitness programme without supervision, you are doing so at your own risk.

To reduce the risk of injury, you should check with your doctor or physiotherapist before beginning any fitness programme.