

Balance Handout

Static Balances

Hold these balances for up to 20 seconds.
To increase challenge, repeat with eyes closed.



Feet together

Bring both feet together and hold position.



Staggered stance

Bring one foot slightly ahead of the other and hold position. Change feet



Tandem

Bring one foot directly in front of the other and hold position. Change feet.



One foot

Shift weight to one foot. Bring the toes of the other foot back, or lift that foot entirely off the floor, and hold the position. Repeat to other side.

Dynamic balances

Move through each exercise for 30 to 60 seconds

Cross behind

Step to right, bring left foot behind, bring right foot over, bring feet together. Repeat in opposite direction



Tandem walk

Walk forward by bringing the heel of one foot directly in front to the toes of the other. Repeat, walking backwards.

