

BALANCE EXERCISES

From YMCA of Long Island's
Healthy Living Director, Christina Butcher

ONE-LEGGED STANDING TEST

Stand on one leg for as long as you can. See if you can stay on one leg for 5, 10, 15, even up to 30 seconds or longer. If you can hold up to a minute without using a support, try it with your arms crossed on your chest. If you can do that, try it with your eyes closed. Switch legs. Do this daily, always with a sturdy chair or support next to you.

SIT TO STAND

Practice going from seated to standing fully; how many times can you do this in a 30-second period? If you need to use your arms to "push off" the chair, do so. If not, do it with your arms crossed in front of you. This daily exercise will keep your core muscles and legs strong.

HEEL AND TOE RAISES

Standing next to your chair wearing comfortable flat shoes, raise up onto your toes and gently come back down. Repeat 15-30 times, depending on your stamina. Then try alternating toe taps, raising just your toes (heels stay down) off the floor. Don't rock your hips when you're doing your toe raises. Repeat these daily; these muscles (calves and shins) are very important for walking, balance and fall prevention.

Note: Use a steady chair for support!



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