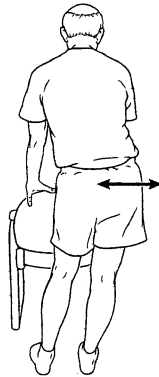


BALANCE - 1 Standing Side Lean

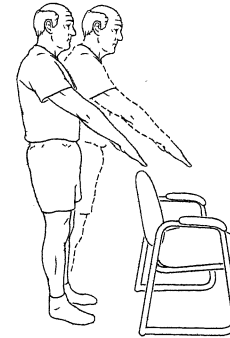
Using support, lean body weight from side to side.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

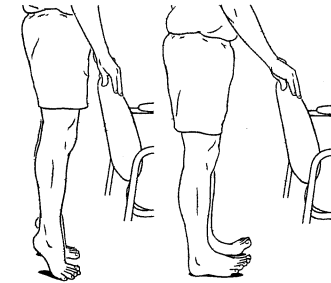
BALANCE - 2 Front Lean

Bring body weight forward as far as possible. Try to maintain balance without using support.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

BALANCE - 3 Toe Up



Using support, gently rise up on toes and rock back on heels.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

BALANCE - 4 Heel Cord Stretch

Place one leg forward, bent, other leg behind and straight. Lean forward keeping back heel flat.

Hold \_\_\_\_ seconds while counting out loud.

Repeat with other leg.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



BALANCE - 6 One-Legged Stand Eyes Closed

Use support and close eyes. Try to balance on one leg \_\_\_\_ seconds or as long as possible.

Repeat on other leg.

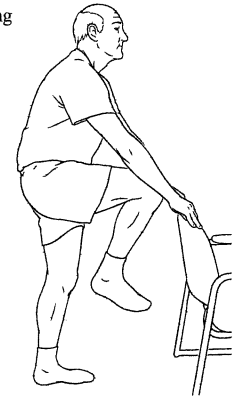
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



BALANCE - 15 High Stepping

Using support, lift knees, taking high steps.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



BALANCE - 10 Head Tilt Up and Down

Using support, stand on one leg. Move head to look up, then down.

Repeat on other leg.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



BALANCE - 14 Grapevine

Using support, cross one foot over other. Then bring back foot up beside front foot.

Repeat, going the other direction.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



BALANCE - 9 Head Tilt

Using support, stand on one leg. Tilt head to left and then right.

Repeat on other leg.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

