

Staying Steady

Everyday Strategies to Maintain Balance as You Age

Declining balance is a natural part of the aging process. This decline can lead to increased risk of falls, injuries, and loss of independence for older adults. Incorporating balance practice into your daily routine can help keep you strong, steady, and confident. The following activities can be done while seated in a chair or while standing using the back of a sturdy chair for support.



SINGLE LEG STAND

- Lift one leg off of the floor and hold it for at least 5 seconds.
- Switch legs and repeat on the other side.
- Repeat 3-5 times on each side.



HEEL-TO-TOE WALK

- Using a counter or wall for support, walk in a straight line, placing one heel directly in front of the opposite toe.
- Continue 8–10 steps.



MARCH IN PLACE

- Stand up tall and lift your right knee as high as you can then immediately lower it.
- Next lift the left leg.
- Alternate lift and lowering your legs 20 times.



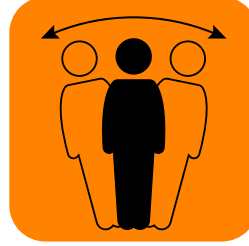
TIP-TOE RAISES

- Rise slowly onto your tip toes, pause, then slowly lower.
- Repeat 8–10 times.



SIT-TO-STAND

- Sit toward the front of a chair with feet flat.
- Stand slowly without using hands if able, then SLOWLY sit back down. **Make sure that you are not leaning your head forward to use momentum to stand up.**
- Repeat 8–10 times.



BODY SWAY

- Keep your feet flat on the floor, shoulder-width apart.
- Shift your weight side to side 5 times, then shift it forward and backward 5 times.
- Next, shift your weight in a circle clockwise 5 times then counterclockwise 5 times.