



SEPTEMBER

BALANCE CHALLENGE

SINGLE LEG STANCE

Stand near a sturdy object, like a couch, sturdy chair, countertop, or kitchen sink. Stand on 1 foot, lift the other in the air.

- Hold this position for up to 30 seconds, repeat twice on each foot (it will take you 2 minutes total)
- Use your hands to help you out at the beginning, then let go, if needed.

Scaling options

Easier:

- Use your hands to support you for either short or long durations
- Put your in-the-air foot onto a stool, but don't put any weight on it. Use it for some support, but still use the foot-on-the-floor for most of your support.

Harder:

- Close your eyes
- Stand on an uneven surface
- Hold a pillow straight out in front of you and move your arms up and down, or left and right.



Balance

Challenge Tracker

MON	TUE	WED	THU	FRI	SAT	SUN

- Cross off each day you were able to practice your balance exercises!
- There's no failing here, It's just a fun way to measure success, and it's completely optional!
- Have you noticed improvements in your balance?