



# MARCH

# VESTIBULAR

# CHALLENGE

## Dynamic Flamingo Stand

Stand near a sturdy object, like a couch, sturdy chair, countertop, or kitchen sink.

- Balance on one foot.
- Bring your other knee up toward your chest to a count of three. Hold for 2 seconds. Then slowly lower it back down while counting to three, trying not to touch the floor.
- Repeat slowly with the same knee up and down 3 times without touching the ground.

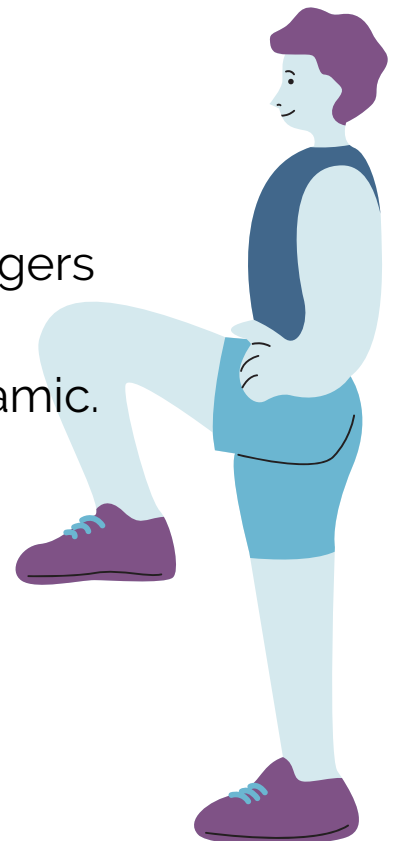
### Scaling options

Easier:

- Hold onto a counter or sturdy chair with a few fingers (or just 1).
- Hold the knee-up pose, instead of making it dynamic.

Harder:

- Close your eyes
- Add a head turn
- Perform on an uneven surface





# 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?