



APRIL

VESTIBULAR

CHALLENGE

Single Leg Reach

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

- Balance on one foot.
- Place one (or both) hands out in front of you and tip forward to reach out
- Try to reach out and touch the wall in front of you for balance if needed.
- Watch this video for a brief demonstration
<https://youtu.be/wL6B84FSytA>
- There's no need to tip all the way forward, do whatever feels good!

Scaling options

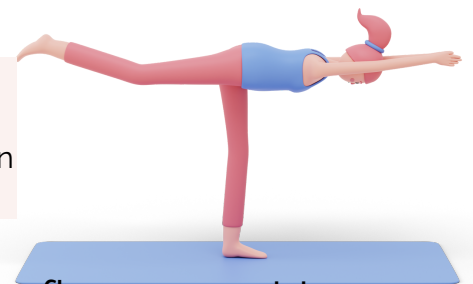
Easier:

- Hold onto a counter or sturdy chair with a few fingers next to you, and reach with the other hand
- Use a tripod stance by balancing your back toes on the floor in a split stance

Harder:

- Add a head turn
- Perform on an uneven surface

Leaning this far forward is VERY advanced. Just try and reach as far as you can and see how it improves.





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?