



MAY

VESTIBULAR

CHALLENGE

Feet Together, Eyes open, Uneven Surface, Head Turns

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

- Balance on both feet with them touching
- Place your hands by your sides, touching the surface in front of you, or across your chest.
- Keep your eyes fixated on a target ahead, and slowly turn your head right and left,
- Then, do 5 turns with your eyes moving with your head.

Scaling options

Easier:

- Hold onto a counter or sturdy chair with a few fingers next to you, and reach with the other hand.
- Put your feet further apart.
- Perform on firm ground.

Harder:

- Add faster head turns
- Close your eyes
- Stand in a tandem stance.



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?