



# JUNE

# VESTIBULAR

# CHALLENGE

## Dynamic Single Leg stance

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

- Stand on 1 foot with your other hovering over the ground
- Hold both arms out in front of you (or hold a pillow between your hands)
- Next, put your hands out in front of you, then raise them up overhead and then back down all the way.
- Repeat.
- [See video for more](#)

### Scaling options

Easier:

- Tap 1 toe down lightly on the floor
- Use a step in front of you. Put 1 foot on the step and 1 foot on the floor (place all your weight on the floor foot)

Harder:

- Move your head with your hands (tracking them)
- Close your eyes



# 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?