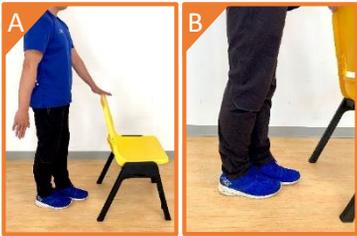


# Balance Exercises

When carrying out these balance exercises, always have a chair, wall or table close by. Once you feel confident in doing them, you can do them without holding on to any support.

## Static Balance Exercises

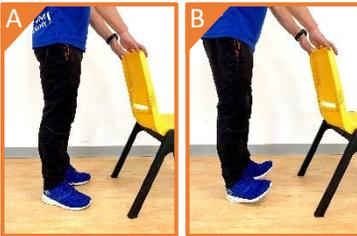
### 1. Semi-Tandem Stand



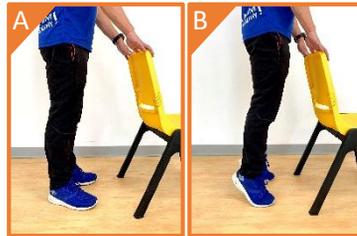
### 2. Tandem Stand



### 3. Heel Stand



### 4. Toe Stand



#### Dose:

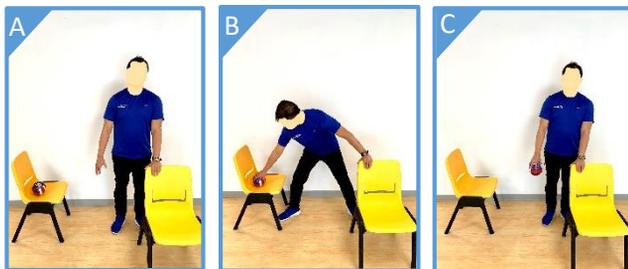
- Try holding these poses for at least 15 seconds.
- Aim to do this 1-3 times.

#### Modifications:

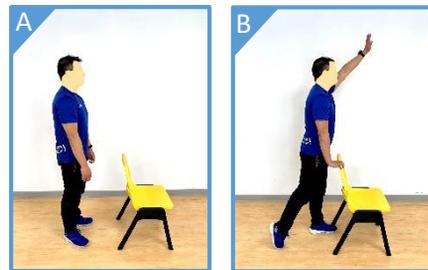
If you are able to perform Exercise 1 & 2 safely and with ease, attempt them with your eyes closed.

## Dynamic Balance Exercises

### 5. Side Step & Reach Down



### 6. Step Front & Reach Up



#### Dose:

- Perform 15 repetitions for each of these exercises
- Aim to do 1-3 sets
- Remember to repeat on the other side

