

# Move Your Body

## Build Your Balance

### Simple steps to **STAY ON YOUR FEET®**

Here are some exercises to help you improve your balance. Move slowly and stop if you feel faint or have any pain or discomfort. Please see a health professional if you have concerns before starting.

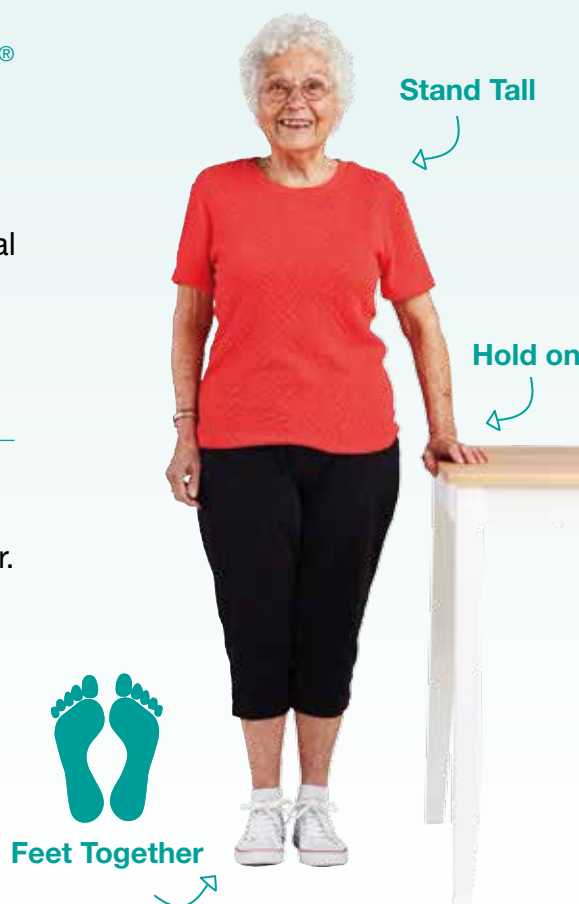
Start with your hand holding onto a sturdy support such as the kitchen bench or heavy table.

#### Feet Together

- Hold onto support and stand up tall with feet together.
- Hold for 10 seconds.
- Repeat twice.

##### Make it harder

1. Remove hand from support
2. Close your eyes



#### Step Forward

- Hold onto support and stand up tall with feet together.
- Take a step forward with your left leg.
- Hold for 10 seconds.
- Swap legs so your left leg is in front and begin again.
- Repeat twice on each leg.

##### Make it harder

1. Remove hand from support
2. Close your eyes



## Foot in Front

- Hold onto support and stand up tall with feet together.
- Take a step forward with your right leg placing it directly in front of your left foot so the heel and big toe are touching.
- Hold for 10 seconds.
- Swap legs so your left leg is in front and begin again.
- Repeat twice.

### Make it harder

1. Remove hand from support
2. Close your eyes



## Single Leg Standing

- Hold onto support with both hands and stand up tall with feet together.
- Bend right knee so your foot comes up off the ground.
- Hold for 10 seconds.
- Swap legs so your left foot is off the ground. Begin from the start.
- Repeat twice.

### Make it harder

1. Remove hand from support
2. Close your eyes



Please see an appropriate health professional if you have any concerns before commencing these activities.

For more information on how to prevent slips, trips and falls

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These exercises are adapted from The Otago Exercise Programme, University of Otago Medical School, New Zealand.