



# Avoid A Fall

## 10 Easy Exercises To Keep You Moving Your Best



For the following exercises you will need these basic household items:

- \* Chair
- \* Safe walking shoes
- \* A step (this can be made by using 2 thick books taped together)
- \* Painter's tape
- \* A container with small items (paper clip, eraser, button, coin, grain of rice, bean, etc.)
- \* 1-2lb. wrist/ankle weights\* optional

### 1. Single Limb Stance

- A standing balance exercise. Balance on one leg while standing behind a chair. Feel the center of gravity over your ankles. This is your goal, maintaining your balance over your ankles. Hold on to the back of the chair to steady yourself.
- Try a few seconds balancing on each foot. Work up to a minute if you can. As you get more skilled you will only touch the chair with 1 finger and then let go completely.

### 2. Single Leg Raises

- \* While standing behind your chair, move one leg outward to the side while maintaining balance on the other leg and holding on to the chair as needed. As you become advanced, you may not need to hold on to the chair to maintain balance.
- \* You may also do this laying down in bed. For back comfort, bend your stationary leg at the knee.

### 3. Eye Tracking

- This exercise which targets your vision and vestibular system.
- Hold your thumb at arm's length away, and move it slowly across in front of you. Do not move your head but watch your thumb with your eyes. Then try moving your thumb up and down slowly and keep your eyes tracking it as far as is comfortable while keeping your head steady.
- If this exercise makes you dizzy, stop the exercise. Try it again with smaller head movements next time.



#### 4. Punching Bicycle Arms

- While seated on a chair, punch your fists up into the air above your head, then gradually move them down to shoulder level in front of you, and then change the motion as if your arms are moving the pedals on a bicycle. Repeat this several times as you get stronger.
- (Use your one pound wrist weight here to increase your workout.)

#### 5. Hand Helper

\* While seated hold your container in front of you, close your eyes and pick up each item and see if you can guess what each one is.

\* A variation of this exercise can be opening and closing a variety of containers, while your eyes are closed.

#### 6. Knee Marching

- Try this one next to a counter so you can hold on when performing knee marching in place.

#### 8. Arm Circles

- Keep a chair nearby if you are uncomfortable without one. While standing, extend your arms out to your sides and move them both in circles. At first you may use tiny circles forward and then backward. If this is comfortable, then make them larger.

#### 9. Tippy Toe Walks

- The moving exercises are the most difficult. Only try this balance exercise when you have become good at the preceding exercises.
- (If you have masking or painters tape, place an 8 to 12 foot piece in a straight line on the carpet or floor. This will allow you to maintain a straighter line when performing the walking exercises.)
- Now walk along the line on your tippy toes. You can extend your arms for balancing or place the tape near a counter or wall for balance support.

#### 10. Grapevine

- Seniors who dance will be more familiar with these balance exercises. Try it in your kitchen holding on to the counter.
- Walk several steps in one direction, turn around and walk back. Continue for several minutes. Gradually hold on less and less until you can take a few steps without holding on.
- It may take a while, but keep practicing...you'll get it sooner or later!