

# Balance

Some suggestions to improve balance.

Stand near, say a kitchen worktop, stand tall, shoulders drawn slightly back and slightly down. Draw pelvic floor muscles up and abdominal muscles in (core engagement help keep you more stable and therefor assist with balance).

1. Have right hand on worktop, stand with weight on right leg, have the tiptoes of left foot on floor – keep focused and take 5 slow steady breathes (a breath in and out counts as one breathe) repeat on other side.
2. Gradually lessen the grip of the hand on the worktop, maybe take one finger away, next time another finger and so on until you are hardly using the worktop at all.
3. Then start to take left foot off floor altogether, just hovering foot off the floor. Repeat on the other side.
4. Then, as above, try closing one eye. Repeat on other side closing the other eye.
5. Then as above try closing both eyes, repeat on other leg closing both eyes. You may initially want the whole hand on the worktop!
6. New move – stand (without worktop if you can) put weight on right leg, as you breathe in raise left knee to 90 degrees whilst raising both arms just so they are roughly in line with your temples. Breathe out lower – repeat 5-6 times on right leg, switch to left leg.
7. Then as above, breathe in raise left leg and arms, breathe out push left leg back behind you taking your arms with you – either touch foot down each time or immediately bring left knee back up to 90 degrees ready to go again – making it more of a continuous flowing movement – repeat 6-8 times on each side.