

Anytime/Anywhere

These types of exercises can help your balance. You can do them almost anytime, anywhere, and as often as you like. Just make sure you have something sturdy nearby to hold onto if you become unsteady.

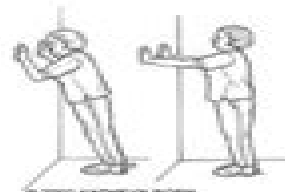
Examples:

- Walk heel-to-toe. Put your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch. (See illustration.)
- Stand first on one foot then the other. You can do this while you are waiting somewhere such as the bus stop or the grocery store.
- Stand up and sit down without using your hands.



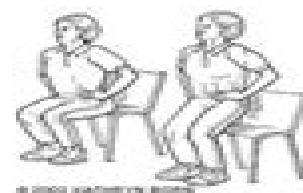
Wall Push-ups

1. Place hands flat against the wall.
2. Slowly lower body to the wall.
3. Push body away from wall to return to starting position.



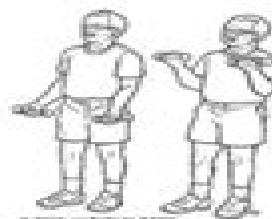
Chair Squats

1. Begin by sitting in the chair.
2. Lean slightly forward and stand up from the chair.
3. Try not to favor one side or use your hands to help you.



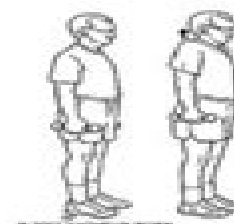
Biceps Curl

1. Hold a weight (can also use canned goods, or anything that has some weight on it if there is not access to actual weights) in each hand with your arms at your sides.
2. Bending your arms at the elbows, lift the weights to your shoulders and then lower them to your sides.



Shoulder Shrugs

1. Hold a weight in each hand with your arms at your side.
2. Shrug your shoulders up toward your ears and then lower them back down.



Ez Balancing Practice

**Dr Richard S Grayson, Richard S.
Grayson**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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