

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.

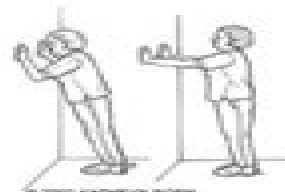
Examples:

- 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.



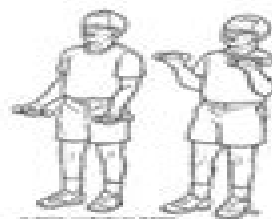
Chair Squats

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.



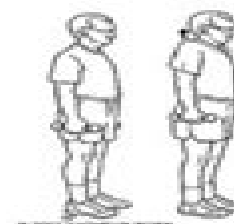
Biceps Curl

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. Dropo



Ez Balancing Practice:

How To Do Balancing Tricks and Stunts Dr. Dropo, 1998 Have you ever had the urge to balance a pool cue on the end of your nose or manipulate a spinning ball at the end of your finger Until now such feats have been confined to jugglers basketball players and other dexterously talented individuals Did you know that many seemingly difficult balancing tricks are amazingly simple to do Yes even the coordinately challenged individual can master many seemingly difficult feats of balancing if they know the professional secrets This book reveals the methods used by world famous jugglers which allows them to balance everything from spinning balls to chain saws and full sized bicycles You will find step by step instructions on how to balance balls canes plates and various other objects Many of the tricks are surprisingly simple to learn others will take some time to master Includes chapters on balancing odd shaped objects showmanship and novelty and comedy balancing *Swimming Made Easy* Terry Laughlin, 2001 **Creative Clowning, Fourth Edition** Bruce Fife, Tony Blanco, Steve Kissell, Bruce Johnson, Ralph Dewey, Hal Diamond, Jack Wiley, Gene Lee, 2015-07-10 The Fourth Edition has full color photos and drawings throughout Known as the Bible of Clowning by professional clowns this fun filled book goes beyond merely explaining how to perform the physical skills it teaches the reader how to use these skills creatively to become funny and entertaining Drawing from the combined experience and talents of eight professional entertainers and respected authors this book provides step by step instructions on everything from juggling to makeup and being funny to setting up and operating a home based entertainment business Includes information on comedy magic stiltwalking and unicycling balloon sculpting funny juggling fun with puppets silly music balancing buffoonery mime and physical comedy makeup and wardrobe developing a lovable character controlling an audience creative use of props how to create funny routines and gags how to be a good comedian and how to make a successful living as a children s entertainer More than balloon tying and makeup tips this tutorial teaches the practical and business aspects of the clowning profession The eight authors all experts in the field explain the how to s of juggling puppetry slapstick magic joke telling and stiltwalking Even for those not aspiring to clown stardom or planning to set up their own entertainment business this volume can be useful as a source for planning a party or special school event Booklist American Library Association The strengths of the book lie in the detailed comprehensive coverage of the topic the inclusion of many ideas and examples and the emphasis on in depth understanding of the process involved in creation of character and comic routine School Library Journal It s an excellent book for both beginner and advanced clown I have recommended it to my local clown groups and my beginning class at Purdue Janet Tucker President World Clown Association An excellent reference outstanding book and I would rate it as a five red clown nose book Lee Mullally Education Director World Clown Association Creative Clowning the name says it And the book shows the creativeness of its authors and the ability to insert that same creativeness in its readers Sit back enjoy learn and truly become a creative clown Aye Jaye world famous clown and magician I would recommend the 223 page book to any clown

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