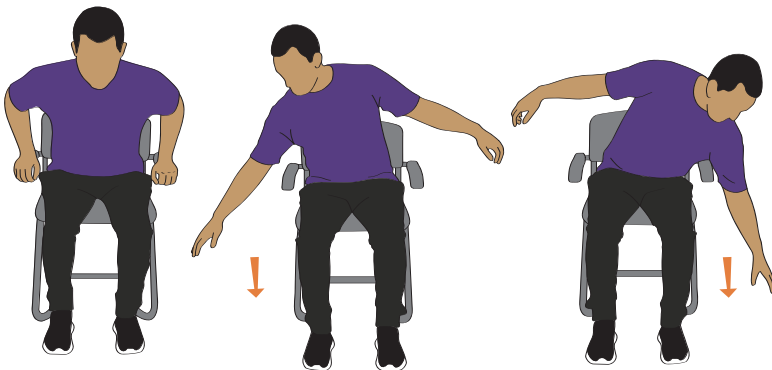


Balance and core exercises

These balance exercises challenge your core stability and working outside your centre of gravity.

Seated side reach

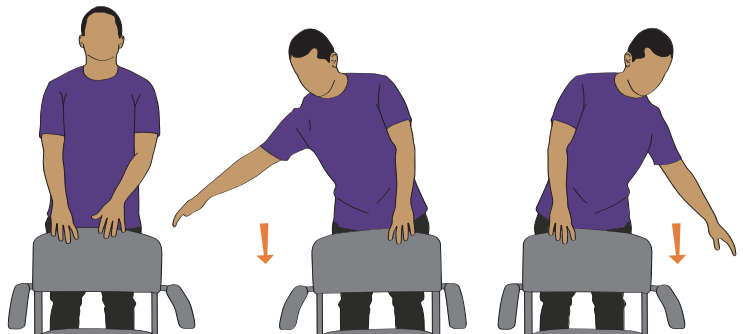


- From a seated position, bring yourself to the edge of the chair.
- Reach right, return to the centre then reach left. Keep this a challenge by pushing your centre of gravity each time but try not to over reach and lose balance.
- You may want to do this with someone to help support the shoulders from behind.
- Repeat for 5-10 reps at your own pace.

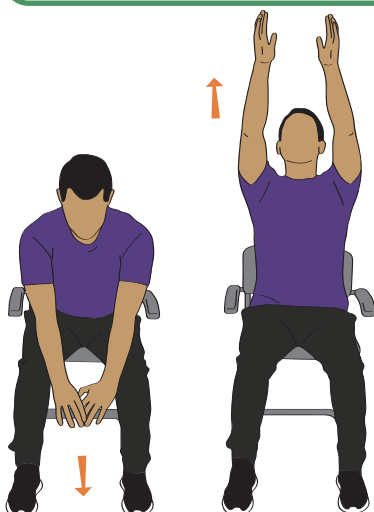
To increase the intensity of this exercise, try doing the movement with your eyes closed. You can also do this activity with an item on the floor that you pick up each time, change hands and place back down on the other side, then vice versa.

Standing side reach

- Standing with your feet apart, hold on to a heavy chair or work surface with one arm. Reach left, return to centre then reach right.
- Look to challenge your balance and repeat 5-10 times each side.

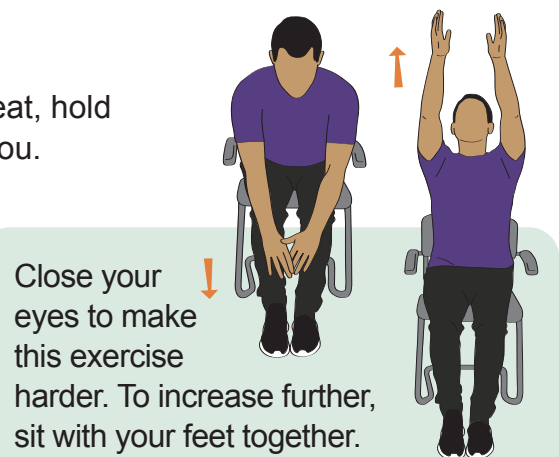


To increase the intensity of this exercise, try doing the movement with your eyes closed. You can also try standing with your legs together.



Seated front reach

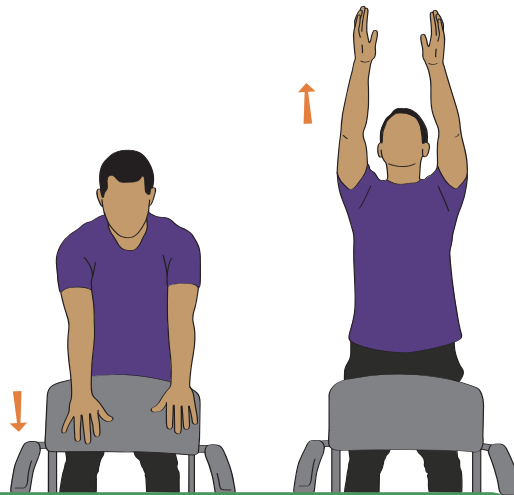
- Sitting on the edge of your seat, hold arms straight out in front of you.
- Reach out forwards, outside the base of your support but try not to over balance.
- From forward, come back and reach up overhead.
- Repeat 10 times.



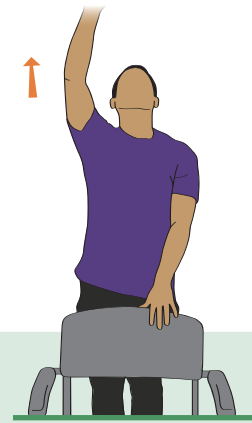
Close your eyes to make this exercise harder. To increase further, sit with your feet together.

Standing front reach

- Stand with your feet apart.
- Reach out forwards, return to middle then reach overhead.
- Go as far as feels comfortable. Repeat 10 times.

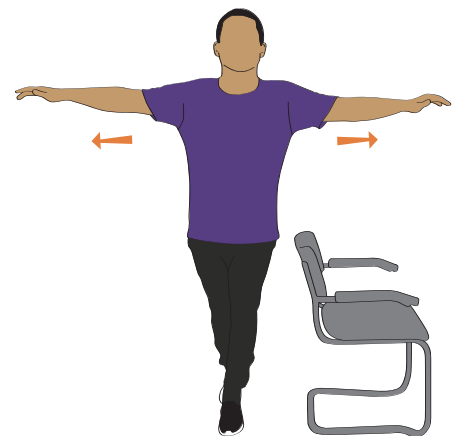
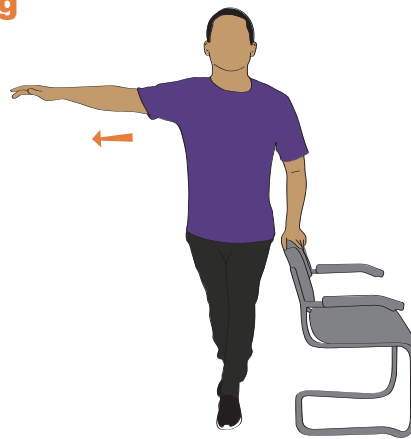


Close your eyes to make this exercise harder. To increase further, stand with your feet together. Eyes can be open if needed.



You can also try a single arm while making sure to support yourself with the other. Do 10 reps on each side.

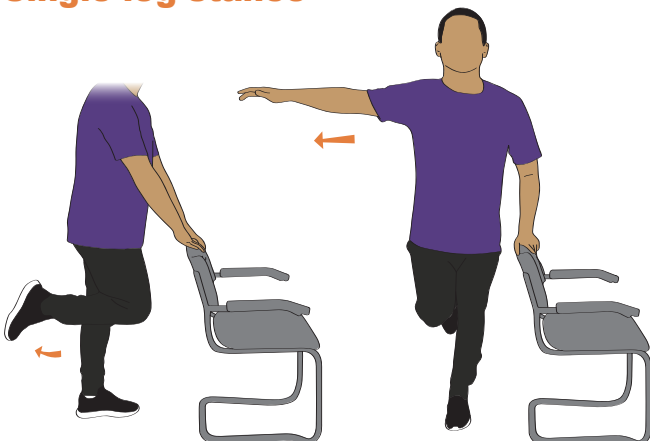
Heel to toe balancing



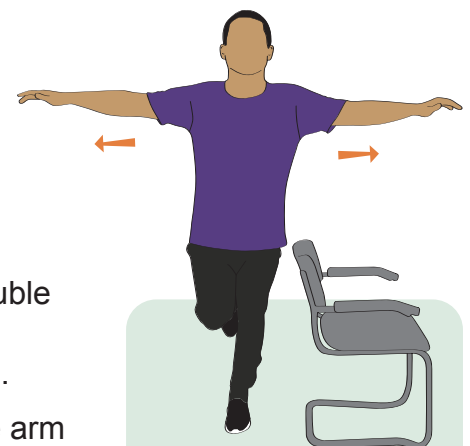
- Stand heel to toe position as if you're walking on a tightrope.
- Support yourself with both hands holding between 20-30 seconds at a time.
- Reduce the support by progressing into a single arm hold, raising the arm out to the side.
- To increase, bring both arms out to the side, eyes open, looking forward.

To increase further, close your eyes ensuring to have your stable surface or chair near by to rely on if you need to take hold at any time.

Single leg stance



- Starting with double arm support, bring one leg up.
- Move into single arm stance with arm out to the side.
- Aim for 20-30 seconds.



To increase, take second hand away.