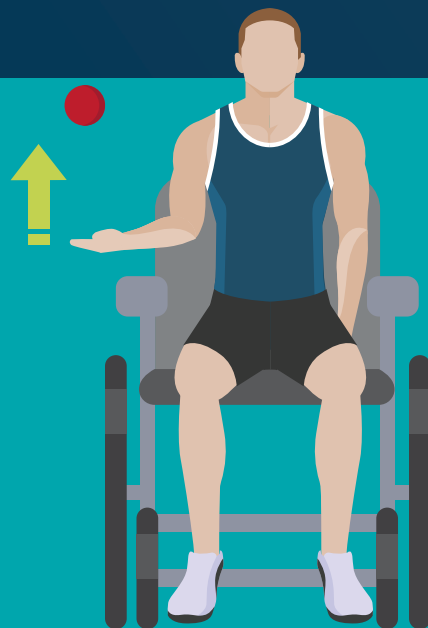


Exercise Circuit

Balance and Coordination Circuit

Perform each exercise for 30 seconds. Repeat 4 times.

All balance exercises are represented in a standing position. They can be completed independently or with assistance. For those who would prefer to perform the exercises in a seated position we have included alternative coordination exercises.



Standing

Sideways Walking

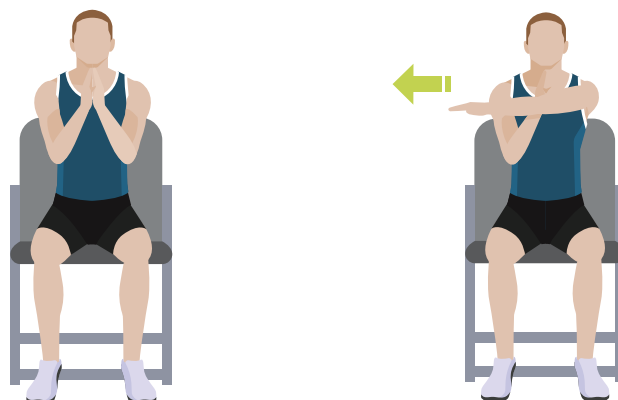
Stand with your feet together, knees slightly bent. Step sideways in a slow and controlled manner, moving right foot to the side first, then move the left foot to join it. Do 10 steps each way or alternate stepping left to right.



Seated

Clap & Reach

Clap your hands together at chest level. Reach your right hand across the body, as if giving someone a high-five. Stretch as far as possible and bring back to starting point and repeat with other hand.



Standing

Grapevine

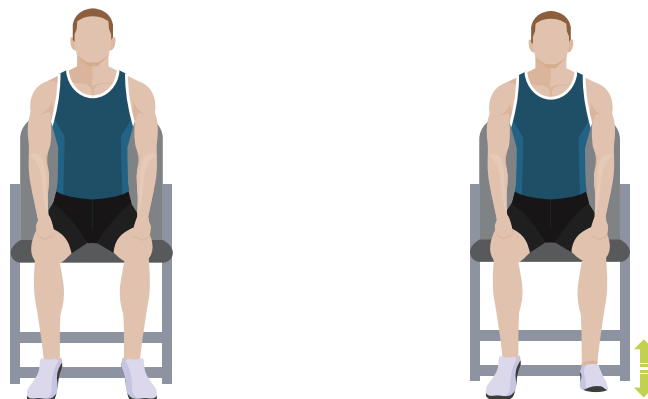
Start by crossing your right foot over your left. Bring your left foot to join it side-by-side. Try to do 5 cross-steps on each side. The smaller the step, the more you work on your balance.



Seated

Alternating Heel/Wrist Taps

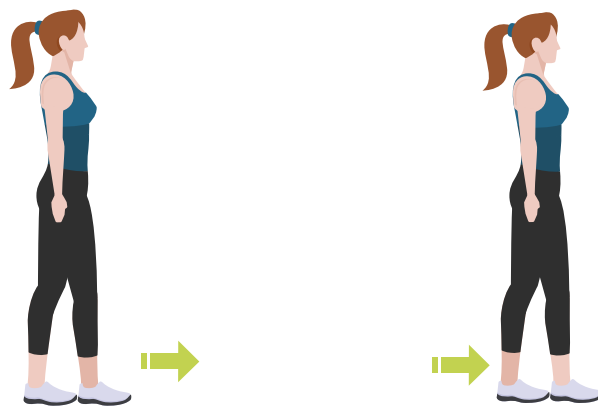
Place both feet flat on the floor. While keeping your heel in contact with the ground, point your right toes upward. Return the foot to the starting position and repeat on the left side. If you have reduced mobility in your legs, place your wrist on your knees and point your right fingers upward and alternate.



Standing

Heel-to-toe walk

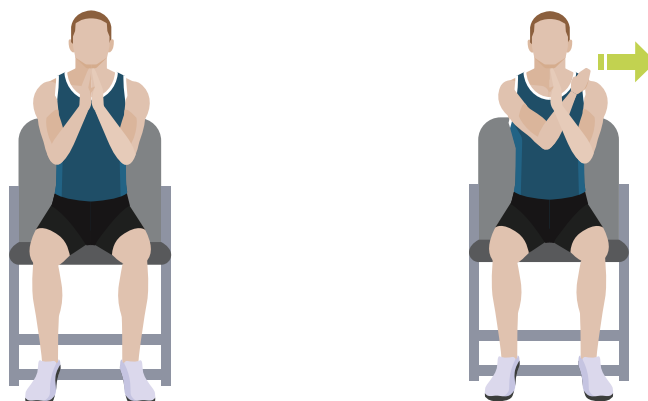
Start by crossing your right foot over your left. Bring your left foot to join it side-by-side. Try to do 5 cross-steps on each side. The smaller the step, the more you work on your balance.



Seated

Clap & Shoulder Tap

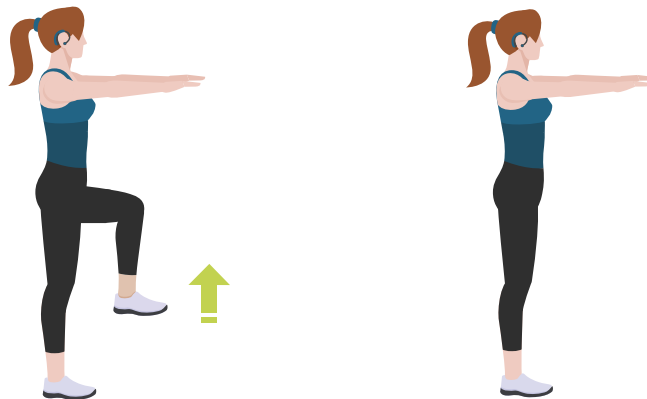
Clap your hands together at chest level. Reach the right hand across the body and tap your left shoulder. Bring back to starting point and repeat with left hand.



Standing

One – Leg Stand

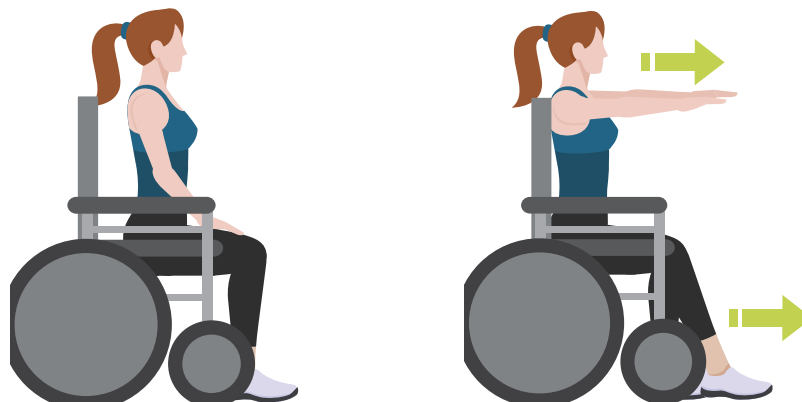
Stand facing the wall, with your arms outstretched and your fingertips touching the wall. Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Hold the lift for 5 to 10 seconds. Gently place your foot back on the floor. Do 3 lifts on each leg. To progress take your hands away from the wall.



Seated

Toe Tap & Forward Reach

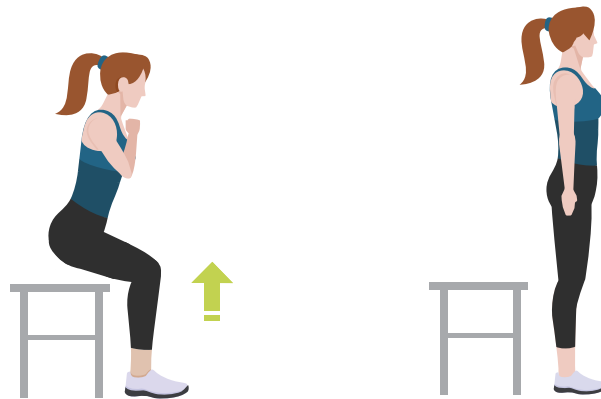
Start with 2 feet shoulder on the ground and your hands up at chest level with elbows tucked. Stretch your right foot forward, as if going to kick a ball, stretch to tap your toe off the ground. Simultaneously reach the right hand forward. Bring both your foot and hand back to starting position and repeat with the left side.



Standing

Sit to Stands

Sit in a chair with your feet apart while holding your hands across your chest. Make sure it's a stable chair that is not on wheels. Without using your hands, push through your feet to stand up. Bend your knees to sit into the chair with control. Add a cushion to your chair to raise the height if required.



Seated

Sidestep & Catch

Start with 2 feet shoulder on the ground and holding a tennis ball/soft ball in your hands. Stretch your left foot sideways and tap your toe off the ground. Return your foot to starting position and throw the ball up to eye-level. Catch with two hands and repeat leg movement with right foot. Progress by throwing and catching the ball with one hand.

