CHALLENGE YOUR BALANCE

The exercises we find most challenging will vary depending on which aspect of our sense of balance is least trained.

1 ## SENSE OF SPATIAL ORIENTATION

- STAND NEAR A WALL, JUST CLOSE ENOUGH TO FEEL IT BEHIND YOU. CLOSE YOUR EYES AND MARCH IN PLACE.
- AFTER A WHILE, SEE IF YOU CAN STILL FEEL THE WALL BEHIND YOU.
- IF YOU SENSE THAT YOU HAVE MOVED AWAY FROM THE WALL, SIMPLY MOVE BACK AND TRY AGAIN.

2 ## PRECISION

- TAKE TWO SMALL BALLS OR SIMILAR OBJECTS AND PLACE THEM IN FRONT OF YOU. CLOSE YOUR EYES - TRY TO NOTICE HOW PRECISELY YOU CAN HIT THE TARGET.
- OPTIONALLY, CROSS OVER SO THAT IT'S THE OPPOSITE FOOT TO THE OPPOSITE BALL.

3 ## SPATIAL COORDINATION

- TAKE A WALK WHILE TOSSING A SMALL BALL IN THE AIR. YOU CAN MAKE IT MORE CHALLENGING BY WALKING ON AN IMAGINARY LINE.
- OPTIONALLY, LOOK TO THE SIDES WHILE DOING THIS TO FURTHER CHALLENGE YOUR COORDINATION.
- THIS TRAINS YOUR SPATIAL COORDINATION.

4 ## BALANCE BOARD

- FIND A BALANCE BOARD AND STAND ON IT. IF IT'S TOO DIFFICULT OR TOO EASY, YOU CAN ADJUST THE DIFFICULTY WITH THE RED KNOB AT THE BOTTOM OF THE BOARD.
- TRY TO FIND YOUR BALANCE OR ROCK FROM SIDE TO SIDE.
- YOU CAN ALSO USE A SMALL BALL AND TOSS IT WHILE BALANCING TO FURTHER CHALLENGE YOUR BALANCE.
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5 ## STEP FORWARD AND RISE ONTO YOUR TOES.

- TAKE A STEP FORWARD AND RISE ONTO YOUR TOES, FINDING YOUR BALANCE BEFORE STEPPING FORWARD ONTO THE OTHER LEG AND LIFTING ONTO YOUR TOES.
- YOU CAN MAKE THE EXERCISE MORE CHALLENGING BY TAKING A LARGER STEP FORWARD OR BY STEPPING FORWARD ON AN IMAGINARY STRAIGHT LINE ON THE FLOOR.
- THIS EXERCISE TRAINS THE STRENGTH IN YOUR LEGS AS WELL AS YOUR BALANCE.

OFFICEFIT
STAY ACTIVE WHILE WORKING