**Exercises to Improve Balance**

-Single-Leg Stand

-Stand on one leg for up to 30 seconds.

-Alternate legs and repeat 3-5 times per leg.

-Increase difficulty by doing tasks while balancing, like brushing teeth[.](https://www.healthline.com/health/exercises-for-balance)

-Heel-to-Toe Walking

-Walk in a straight line, placing the heel of one foot directly in front of the toes of the other foot.

-Aim for 5 to 20 steps[.](https://www.nhs.uk/live-well/exercise/balance-exercises/)

-Sideways Walking

-Step sideways in a slow, controlled manner.

-Perform 10 steps each way or across a room.

-Tightrope Walk- Walk in a straight line, arms outstretched, for at least 15 steps.-

Single-Leg Reach

-Balance on one leg while reaching forward with the opposite arm and leg.

-Standing 3-Way Kicks

-While standing on one leg, kick the other leg forward, to the side, and backward.

-Sit-to-Stand

-Rise from a chair without using arms, then slowly lower back down.

-Repeat as many times as able.

-Flamingo Stand

-Stand on one leg with the other leg lifted and stretched forward.

-Hold for up to 15 seconds, then switch sides.

-Tai Chi: Practice this gentle exercise form known for improving balance. You can find many free YouTube videos on how to do this.

-One-Leg Stand with Eye Closure

-Perform the single-leg stand with eyes closed to increase difficulty.

-Multi-task Exercises

-Perform balance exercises while adding cognitive tasks like counting or reciting

Weight Shifts: Shift weight from one leg to the other while standing.

[2](https://www.webmd.com/fitness-exercise/ss/slideshow-ways-to-improve-balance%22%20%5Ct%20%22_blank)

*Remember to start with easier exercises and progress gradually. Always ensure safety by having a stable support nearby when practicing these exercises.*