

## Move Your Body

# Build Your Balance

Simple steps to

## STAY ON YOUR FEET®

Please see your Doctor if you have concerns before starting. Before beginning each exercise make sure you are holding onto a sturdy support such as the kitchen bench or heavy table. Move slowly and stop if you feel faint or have any pain or discomfort.

### Feet Together

- Hold onto a support and stand up tall with feet together.
- Hold for 10 seconds.
- Repeat twice.

#### Make it harder

1. Remove hand from support
2. Close your eyes
3. Increase to 15 seconds



### Step Forward

- Hold onto a support and stand up tall with feet together.
- Take a step forward with your left leg.
- Hold for 10 seconds.
- Swap legs so your right leg is in front and begin again.
- Repeat twice on each leg.

#### Make it harder

1. Remove hand from support
2. Close your eyes
3. Increase to 15 seconds



## Foot in Front

- Hold onto a support and stand up tall with feet together.
- Take a step forward with your right leg placing it directly in front of your left foot so the heel and big toe are touching.
- Hold for 10 seconds making sure your foot doesn't rest against your other leg whilst balancing.
- Swap legs so your left leg is in front and begin again.
- Repeat twice.

### Make it harder

1. Remove hand from support
2. Close your eyes
3. Increase to 15 seconds



## Single Leg Standing

- Hold onto a support with both hands and stand up tall with feet together.
- Bend your right knee so your foot comes up off the ground.
- Hold for 10 seconds.
- Swap legs so your left foot is off the ground. Begin from the start.
- Repeat twice.

### Make it harder

1. Remove hand from support
2. Close your eyes
3. Increase to 15 seconds



\*Please see a health professional if you have any concerns before starting these activities.

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[www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au)

Email: [info@stayonyourfeet.com.au](mailto:info@stayonyourfeet.com.au) / Phone: 1300 30 35 40

These exercises are adapted from The Otago Exercise Programme, University of Otago Medical School, New Zealand.