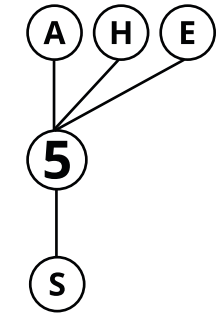
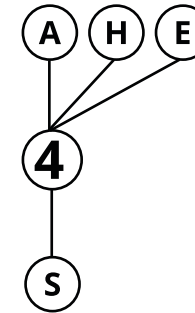
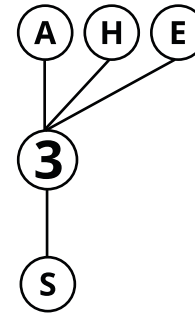
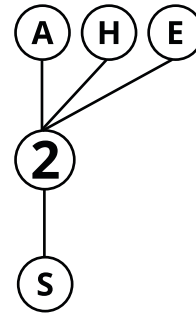
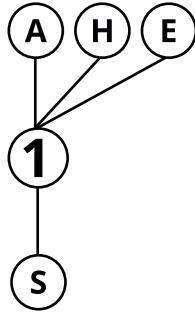


30-SECOND BALANCE CHALLENGE

WHERE TO BEGIN

Start at #1 and work through each progression, coloring in the circles as you master the skills. If you don't need the regressions, go ahead and fill them in.



1 Feet Apart



2 Feet Together



3 Half Tandem



4 Tandem



5 Single Leg



S: Regression | Use 1-2 hands on a countertop or wall

A: Progression | Reach an arm across your body with a twist

H: Progression | Turn your head side-to-side or look up and down

E: Progression | Close your eyes

Mastering the Skill: When you can hold the position for 30 seconds without losing your balance, touching your support, or moving your feet, you can fill in the circle and move on to the next exercise.

Aim for practicing balance skills 5 minutes every day, even after mastering all the progressive challenges.

Safety Tip: Make sure you perform these exercises next to something sturdy or in a corner.

Each year, 2.8 million people ages 65 or older are treated in emergency departments for fall injuries.

- CDC, Jan 2016