

Exercises to Improve Stability and Balance

The implementation of strength, balance, and flexibility exercises into an elderly person's daily routine can cut their risk of falling nearly in half. Try these six exercise to improve your balance and stability.

Warm Up: Walk in place for 30 seconds

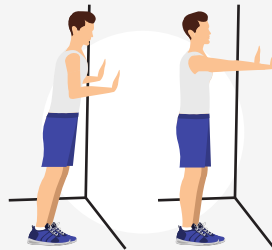
Balance



Flamingo Stand

With feet shoulder width apart and using a wall or chair for balance, raise one leg and hold for ten seconds. Repeat on the other side. Increase the time as you practice. For a challenge, close your eyes and hold your leg.

Strength



Wall Push-Ups

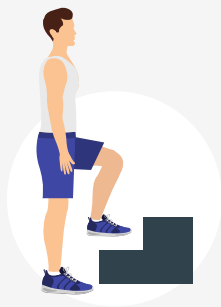
While standing arm's length from a wall, with your back straight and feet a foot or two farther away, slowly lower yourself towards the wall on an inhale and push away on an exhale. Go at your own pace and increase the number of reps as you practice.

Flexibility



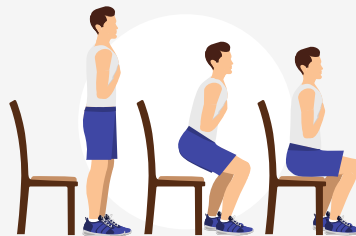
Hamstring Stretch

Lying back with legs extended, grab the back of one thigh and bring your leg to your chest with knee bent. Keep the extended leg touching the floor. Hold for 30 seconds and repeat on the other side.



Foot Taps

While standing arm's length from a wall, with your back straight and feet a foot or two farther away, slowly lower yourself towards the wall on an inhale and push away on an exhale. Go at your own pace and increase the number of reps as you practice.



Chair Sits:

While standing in front of a chair with feet hip width apart, slowly lower yourself to sitting and slowly return to standing. Keep your back straight and arms crossed in front of you, making sure you maintain upright posture.



Half Butterfly Stretch:

Sitting with legs stretched out and apart, reach forward and grab the left foot, then bring it to your groin. Next, stretch toward your right foot with your left arm, tucking your head. Hold for 20 seconds and repeat on the other side.