

Build Better Balance™

Practice a few steady, supported movements to build confidence and control for everyday life.



Balance can improve with practice. Begin near a sturdy counter or wall, and choose the level that feels steady today.



Your Balance Practice



1 Steady Stance

Stand tall with feet hip-width apart. Lightly hold support if needed.



Practice:
Hold for 20 to 30 seconds.



2 Feet-Together Stand

Bring your feet closer together while keeping your posture tall.



Practice:
Hold for 10 to 30 seconds.



3 Heel-to-Toe Stance

Place one foot slightly in front of the other, as if standing on a narrow path.



Practice:
Hold for 10 to 20 seconds per side.



4 Supported Single-Leg Stand

Lift one foot just off the floor. Keep one or both hands near support.



Practice:
Hold for 5 to 15 seconds per side.



5 Heel-to-Toe Walk

Walk slowly along a counter, placing the heel of one foot near the toes of the other.



Practice:
Take 5 to 10 controlled steps.



Easier

- Use both hands
- Widen your stance
- Shorten the hold



Make It Easier or Harder



Your Starting Point

Choose the version you can do with control and normal breathing.

Change only one thing at a time.



Harder

- Use one fingertip
- Narrow your stance
- Add a few seconds



Build Balance Into Your Day



While brushing your teeth

Stand with feet closer together.



At the kitchen counter

Practice a supported single-leg stand.



While waiting for the kettle

Try slow heel raises.



During a walking break

Add 5 heel-to-toe steps beside support.



Today I practiced: _____ | Support used: Both hands / One hand / Fingertip / None | I felt: Steady / A little challenged / Unsteady



Set Up for Safety

- Use a stable counter or wall
- Clear rugs, cords and clutter
- Wear supportive shoes or practice barefoot only if safe for you
- Keep a chair nearby



Stop and Seek Guidance

- New or severe dizziness
- Faintness, chest pain or unusual shortness of breath
- Sudden weakness, numbness or vision changes
- Repeated falls or balance that is worsening

Seek urgent medical care for sudden neurologic symptoms or after a fall with a possible serious injury.



Gentle Reminder

A little wobble may be part of the challenge. Stay close enough to support that you can steady yourself right away.



Martine's Midlife Wellness Tip

Practice when you are not rushed or overly tired. A few focused minutes can be more useful than a long, distracted session.



When to Ask for Guidance

A physical therapist can help if pain, dizziness, falls, numbness or joint problems make balance practice difficult.

