

# Everyday Movements for Balance

Moving every day can help you maintain balance and strength, stay independent, do your daily tasks, and remain well. Here are some movements that you can do at home on most or all days of the week. You don't need any equipment. You may want to ask your health care provider about activities that are safe for you.

## Tips

- Use smooth movements
- Take your time
- Breathe regularly
- Keep your knees slightly bent; don't lock them
- Wear supportive footwear
- Use a chair, counter, walker, or wall for support
- Repeat each movement 3-5 times
- Add more every few days until you can do 15.

## Sit-to-stand

- Put the back of a chair with armrests against a wall if possible
- Sit in the chair with your feet flat on the floor and your hands on the armrests
- Move your bottom closer to the edge of the chair if needed
- Lean forward and stand up
- If you can, let go of the chair and stand tall for a few seconds
- Hold the armrests and slowly lower yourself back into the chair
- If this gets too easy, try getting out of the chair without using your arms.



## Toe taps

- Starting with the right foot, keep the heel on the floor and lift your toes up
- Count to 3 then lower your toes
- Repeat with your left foot.



## Heel raise/up on toes

- Stand with feet shoulder width apart
- Lift both heels off the floor and stand on your toes for 3 seconds
- Slowly lower your heels to the floor.



**Leg lifts - front, side and back**

- Stand tall and strong - don't lean
- Keep your toes pointing forward
- Raise your right leg in front of you, hold for a few seconds then lower your leg (1)
- Next lift your right leg out to the side, hold for a few seconds, then lower your leg (2)
- Lastly, extend your right leg out behind you - don't bend the knee, hold for a few seconds then lower your leg (3)
- Repeat all movements with your left leg.

**Shift forward and back**

- Stand with your feet shoulder width apart and turn one foot out at a 45 degree angle. Step forward with your other foot (1)
- Shift your weight to your front leg, bending your front knee slightly
- Keep your back leg straight and back foot flat on the floor
- Slowly shift your weight to your back leg, bending the back knee (2)
- Shift your weight forward and back a few times then repeat with your other foot in front.



For more information, contact Health Line  
519-271-7600 ext 267 or toll-free 1-877-271-7348 ext 267

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