

# 28 DAY BETTER YOUR BALANCE CHALLENGE

Each day, starting **February 1st**, complete the exercises and keep track of progress. At the end of the challenge turn in your sheet or at least your contact info to be put in a raffle to win a gift card. You will have until Wednesday, **March 6th**, to submit.

Find a spot that is safe in your house to complete exercises. Areas to use would be the kitchen where you have a sturdy counter to hold onto or a corner of a room where you have the walls behind you and a chair in front of you.

**Exercises should take less than 5 minutes a day and you don't need any equipment!**

The exercises included in this challenge are:

**1) Sit to stands** - Going from sitting in a chair to standing position and then back to sitting with using as little arm support as possible. Use a firm chair. Do this for 30 seconds.

**2) Standing on one leg** - Pick a leg and try to stand without holding on to anything but use hand support if needed and then do the same on your other leg. (Can start with 2 hands and decrease to 1 hand or start with 1 hand and decrease to 1 finger etc) Do this for up to 1 min and aim for twice on each leg.

**3) Tandem stance** - Standing in a heel to toe position, one heel is in front of your toes like you are standing on a balance beam, and try to hold this position with as little hand support as possible. Start with 10 seconds and increase to 30 seconds on each side.

**4) Heel Raises** - Standing, lift both heels off of the ground and then slowly lower back down. Use hand support if needed, and can also do sitting if needed. Start with doing 8 and then work up to doing it 20 times.

**5) Side Step** - Side step along a counter or a safe area in your house where you can have hand support if needed. Do this for 30 seconds.

**6) March** - Marching in place or along a counter or safe space. This can be done seated if needed. Do this for 30 seconds.

*There are definitely ways to make these exercises easier or more challenging so please let me know if you would like any modifications or progressions.*

On Day 1, assess where you are by seeing how many sit to stands you can do in 30 seconds. Go at your own pace and stop when you've had enough, even if it is less than 30 seconds.

Next, assess how long you can stand on one leg for. Time it and try not to use hand support or as little as possible. Then, do it on the other leg.

The goal at the end of the challenge is to be able to do more sit to stands than you did on day one (increased leg strength) and stand on leg longer and or with less hand support than Day 1 for better balance.

Write down how many sit to stands you do each day trying to increase by 1 each day and same goes for standing on one leg with how much long you can do it for or how much hand support needed.

**Contact Alyssa with any questions!**

585-613-5584

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\*\*This is voluntary and participants should speak with a medical provider if they have any medical conditions or concerns.

# 28 DAY BETTER YOUR BALANCE CHALLENGE



<p><b>DAY 1</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 2</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 3</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 4</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 5</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>
<p><b>DAY 6</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 7</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 8</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 9</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 10</b></p> <p>Sit to Stand Single Leg March Side Step</p>
<p><b>DAY 11</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 12</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 13</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 14</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 15</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>
<p><b>DAY 16</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 17</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 18</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 19</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 20</b></p> <p>Sit to Stand Single Leg March Side Step</p>
<p><b>DAY 21</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 22</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 23</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 24</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 25</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>
<p><b>DAY 26</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p><b>DAY 27</b></p> <p>Sit to Stand Single Leg Heel Raise Tandem</p>	<p><b>DAY 28</b></p> <p>Sit to Stand Single Leg March Side Step</p>	<p>NAME: _____</p> <p>E-MAIL: _____</p>	