

28 DAY BETTER YOUR BALANCE CHALLENGE

Each day, starting **April 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 \$25 gift card. You will have until Friday, **May 2nd**, 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 and Toe 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 it 10 times and then work up to doing it 20-30 times. Then repeat but this time keep your heels on the ground and lift your toes up.
- 5) 3 Way Stepping** - Take a QUICK step forward with one leg 10 times, then do the same on the other leg. Next, take a QUICK step to the side 10 times and then switch legs and repeat. Then, take a QUICK step back with one leg 10 times and then switch legs and repeat. Can do with hand support if needed.
- 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. A few ideas include trying exercises with eyes closed, adding arm movements, and/or turning your head while balancing.

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), step more quickly in each direction for reaction time 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! Video of Exercises is on my Youtube channel!

585-613-5584 YoutubeChannel: @atozpersonalwellness
atozpersonalwellness@gmail.com atozpersonalwellness.com

**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



DAY 1

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 2

Sit to Stand
Single Leg
March
3 Way Step

DAY 3

Sit to Stand
Single Leg
Heel /Toe Raise
Tandem

DAY 4

Sit to Stand
Single Leg
March
3 Way Step

DAY 5

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 6

Sit to Stand
Single Leg
March
3 Way Step

DAY 7

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 8

Sit to Stand
Single Leg
March
3 Way Step

DAY 9

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 10

Sit to Stand
Single Leg
March
3 Way Step

DAY 11

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 12

Sit to Stand
Single Leg
March
3 Way Step

DAY 13

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 14

Sit to Stand
Single Leg
March
3 Way Step

DAY 15

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 16

Sit to Stand
Single Leg
March
3 Way Step

DAY 17

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 18

Sit to Stand
Single Leg
March
3 Way Step

DAY 19

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 20

Sit to Stand
Single Leg
March
3 Way Step

DAY 21

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 22

Sit to Stand
Single Leg
March
3 Way Step

DAY 23

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 24

Sit to Stand
Single Leg
March
3 Way Step

DAY 25

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 26

Sit to Stand
Single Leg
March
3 Way Step

DAY 27

Sit to Stand
Single Leg
Heel/Toe Raise
Tandem

DAY 28

Sit to Stand
Single Leg
March
3 Way Step

NAME: _____

E-MAIL: _____