

Name _____

Email Address _____

30 DAY BETTER YOUR BALANCE WALKING CHALLENGE

Complete these exercises for 30 days to feel steadier and more confident walking!

Each day, starting **March 1st**, complete the exercises and keep track of progress by marking off each day. 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 Tuesday, **April 7th**, to submit.

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

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 if needed.

Directions for the exercises in this challenge:

Marching: walking while marching

Side step: step laterally

Retro walk: walk backwards

Tandem walk: walk heel to toe like you are walking on a balance beam

Big steps: walk while taking larger steps than normal or you could do walking lunges

Tip toe walk: walk on your toes, heels off the ground

Walk with head turns: walk turning your head from side to side (R and L) start slow and increase if you are able

Walk with wide and narrow steps: take 2-3 wide steps and then switch to taking 2-3 narrow steps and keep alternating between wide and narrow

Try to do all of these exercises for 1 minute but feel free to shorten it when starting and/or lengthen as you progress.

Contact Alyssa with any questions!

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



30 DAY BETTER YOUR BALANCE WALKING CHALLENGE



DAY 1 Marching Side Step Retro Walk Tandem Walk	DAY 2 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 3 Marching Side Step Retro Walk Tandem Walk	DAY 4 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 5 Marching Side Step Retro Walk Tandem Walk
DAY 6 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 7 Marching Side Step Retro Walk Tandem Walk	DAY 8 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 9 Marching Side Step Retro Walk Tandem Walk	DAY 10 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow
DAY 11 Marching Side Step Retro Walk Tandem Walk	DAY 12 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 13 Marching Side Step Retro Walk Tandem Walk	DAY 14 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 15 Marching Side Step Retro Walk Tandem Walk
DAY 16 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 17 Marching Side Step Retro Walk Tandem Walk	DAY 18 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 19 Marching Side Step Retro Walk Tandem Walk	DAY 20 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow
DAY 21 Marching Side Step Retro Walk Tandem Walk	DAY 22 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 23 Marching Side Step Retro Walk Tandem Walk	DAY 24 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 25 Marching Side Step Retro Walk Tandem Walk
DAY 26 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 27 Marching Side Step Retro Walk Tandem Walk	DAY 28 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow	DAY 29 Marching Side Step Retro Walk Tandem Walk	DAY 30 Big steps Tip Toe walk Walk - Head turns Walk - Wide and Narrow