








## BALANCE EXERCISES LEVEL 1

	Picture	Description
1 A		<p>Stand beside a worktop. Rest hand on surface for support if needed. Stand with both feet together</p> <p>Look straight ahead</p> <p>Hold this position for _____ seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p> <p>Progress to not holding onto the worktop.</p>
1 B		<p>Stand with your feet together.</p> <p>Place your hands on your hips</p> <p>Hold this position for _____ seconds</p> <p>Make a note of how long you can maintain your balance</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
1 C		<p>Stand beside a worktop with hand lightly resting on surface for support.</p> <p>Place feet in “semi-tandem” position so the toes of one foot are level with the inside arch of the other foot.</p> <p>Hold this position for _____ seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>



## BALANCE EXERCISES LEVEL 1

	Picture	Description
1 D		<p>Stand beside a worktop with hand/s lightly resting on surface for support.</p> <p>Place feet in “tandem” position so the toes of one foot are touching the heel of the other foot.</p> <p>Hold this position for up to 30 seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

## BALANCE EXERCISES LEVEL 2




	Picture	Description
2 A		<p>Stand with your feet together</p> <p>Raise arms in front so that your hands are level with your shoulders</p> <p>Hold this position for _____ seconds</p> <p>Make a note of how long you can maintain your balance</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
2 B		<p>Stand with feet in semi-tandem position: heel of one foot should rest beside arch of other foot. Place your hands on your hips</p> <p>Look straight ahead</p> <p>Hold this position for _____ seconds</p> <p>Record how long you are able to maintain your balance in this position</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
2 C		<p>Stand with feet in semi-tandem position: heel of one foot should rest beside arch of other foot</p> <p>Look straight ahead</p> <p>Hold this position for _____ seconds</p> <p>Record how long you are able to maintain your balance in this position</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

## BALANCE EXERCISES LEVEL 2


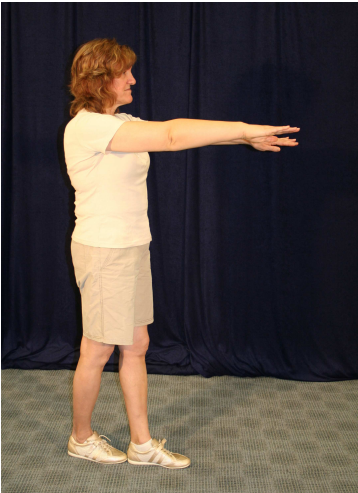

	Picture	Description
2 D		<p>Stand in “tandem” position with your toes of one foot touching heel of other foot</p> <p>Place your hands on your hips</p> <p>Hold this position for _____ seconds</p> <p>Make a note of how long you can maintain your balance</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
2 E		<p>Stand facing worktop with hand/s lightly resting on surface for support</p> <p>Stand on one leg</p> <p>Look straight ahead</p> <p>Hold this position for _____ seconds</p> <p>Record how long you are able to maintain your balance in this position</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>






## BALANCE EXERCISES LEVEL 3

	Picture	Description
3 A		<p>Stand with feet together.</p> <p>Close one eye</p> <p>Hold this position for _____ seconds</p> <p>Make a note of how long you can maintain your balance</p>
3 B		<p>Stand with feet together.</p> <p>Throw a small ball against the wall</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
3 C		<p>Stand with feet in semi-tandem position: heel of one foot should rest beside arch of other foot</p> <p>Look straight ahead</p> <p>Raise arms in front so that hands are level with your shoulders</p> <p>Hold this position for _____ seconds</p> <p>Record how long you are able to maintain your balance in this position</p>

## BALANCE EXERCISES LEVEL 3




	Picture	Description
3 D		<p>Stand in “tandem” position with your toes of one foot touching heel of other foot</p> <p>Without moving your feet, slowly transfer your weight onto the front foot, then onto the back foot.</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
3 E		<p>Stand in “tandem” position with your toes of one foot touching heel of other foot.</p> <p>Raise your arms in front so that hands are level with your shoulders</p> <p>Look straight ahead</p> <p>Hold this position for _____ seconds</p> <p>Make a note of how long you can maintain your balance</p>
3 F		<p>Stand on ..... leg</p> <p>Look straight ahead</p> <p>Hold this position for _____ seconds</p> <p>Record how long you are able to maintain your balance in this position</p> <p>Repeat with hands on your hips</p> <p>Hold for _____ seconds</p>

## BALANCE EXERCISES LEVEL 3

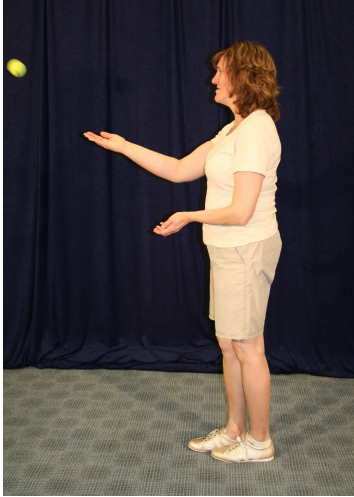


	Picture	Description
3 G		<p>Stand beside worktop with hands lightly resting on surface for support</p> <p>Look straight ahead</p> <p>Transfer your weight back onto your heels, raising front of both feet off the ground</p> <p>Walk forward 10 steps on your heels</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
3 H		<p>Stand beside worktop with hands lightly resting on surface for support</p> <p>Look straight ahead</p> <p>Take weight of both feet onto your toes</p> <p>Walk forward 10 steps</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
3 I		<p>Stand beside a worktop with your hands lightly resting on surface for support</p> <p>Look straight ahead</p> <p>With feet in "tandem" position walk forward 10 steps then backwards 10 steps</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>



## BALANCE EXERCISES LEVEL 4




	Picture	Description
4 A		<p>Stand on a cushion/pillow and place feet together.</p> <p>Close one eye</p> <p>Hold this position for _____ 30 seconds</p> <p>Make a note of how long you can maintain your balance</p>
4 B		<p>Stand on a cushion/pillow and place feet together.</p> <p>Throw a <b>small ball</b> against the wall</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
4 C		<p>Stand with feet in semi-tandem position: heel of one foot should rest beside arch of other foot</p> <p>Look straight ahead</p> <p>Close one eye</p> <p>Hold this position for _____ seconds</p> <p>Record how long you are able to maintain your balance in this position</p>

## BALANCE EXERCISES LEVEL 4




	Picture	Description
4 D		<p>Stand with feet in semi-tandem position: heel of one foot should rest beside arch of other foot</p> <p>Throw a small ball against the wall</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
4 E		<p>Stand in “tandem” position with your toes of one foot touching heel of other foot</p> <p>Close one eye</p> <p>Hold this position for _____ seconds</p> <p>Record how long you are able to maintain your balance in this position</p>
4 F		<p>Stand on one leg</p> <p>Look straight ahead</p> <p>Raise both arms so that hands are level with shoulders</p> <p>Hold this position for _____ seconds</p>






## BALANCE EXERCISES LEVEL 4

	Picture	Description
4 G		<p>Transfer your weight back onto your heels, raising front of both feet off the ground</p> <p>Walk forward 10 steps on your heels</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
4 H		<p>Look straight ahead</p> <p>Take weight of both feet onto your toes</p> <p>Walk forward 10 steps</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
4 i		<p>Stand with feet in “tandem” position</p> <p>Looking straight ahead, walk forward 10 steps then backwards 10 steps</p>

## BALANCE EXERCISES LEVEL 5

	Picture	Description
5 A		<p>Stand on a cushion/pillow Place feet in “semi tandem” position with the heel of one foot beside the arch of the other foot</p> <p>Close one eye</p> <p>Hold this position for _____ seconds</p> <p>Make a note of how long you are able to maintain your balance in this position</p>
5 B		<p>Stand on a cushion/pillow Place feet in “semi tandem” position with the heel of one foot beside the arch of the other foot</p> <p>Throw a <b>small ball</b> against the wall</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
5 C		<p>Stand on a cushion/pillow Place feet in “tandem” position with your toes of one foot touching heel of other foot</p> <p>Throw a <b>small ball</b> against the wall</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

## BALANCE EXERCISES LEVEL 5

	Picture	Description
5 D		<p>Stand on one leg on a cushion/pillow</p> <p>Look straight ahead</p> <p>Close one eye</p> <p>Hold this position for _____ seconds</p> <p>Record how long you are able to maintain your balance in this position</p>
5 E		<p>Stand on one leg on a cushion/pillow</p> <p>Throw a <b>small ball</b> against the wall</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
5 F		<p>Stand with feet in “tandem” position</p> <p>Looking straight ahead, walk forward 20 steps then backwards 20 steps</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

