

# Continuity Healthcare

## 7 Balance Exercises for Seniors at Home

### Printable Home Exercise Guide



#### 1 Feet Together Stand

A simple exercise to improve balance and body awareness while standing.

##### HOW TO DO IT

- Stand tall with your back straight.
- Place your feet together so your heels and toes are touching.
- Keep your arms relaxed at your sides.
- Look forward and hold your balance.
- Hold for 10–30 seconds.
- Repeat 3 times.



##### BENEFITS

Improves static balance and postural control.



##### SAFETY TIPS

- Stand near a sturdy counter, table, or chair for support if needed.
- Make sure your environment is free of tripping hazards.
- Stop the exercise if you feel dizzy, lightheaded, or unsteady.



#### 2 Eyes Closed Balance

This exercise helps improve balance by reducing reliance on vision.

##### HOW TO DO IT

- Stand with your feet about hip-width apart.
- Close your eyes gently.
- Keep your back straight and your arms relaxed at your sides.
- Focus on keeping your balance.
- Hold for 10–20 seconds.
- Open your eyes and rest.
- Repeat 3 times.



##### BENEFITS

Improves balance by reducing reliance on vision and strengthening stability.



##### SAFETY TIPS

- Stand near a sturdy counter, table, or chair for support if needed.
- Make sure your environment is free of tripping hazards.
- Stop the exercise if you feel dizzy, lightheaded, or unsteady.



### 3 Semi-Tandem Stance

This exercise challenges your balance while maintaining a narrow, stable base of support.

#### HOW TO DO IT

- Place one foot slightly ahead of the other.
- Position the front foot so the heel is almost in line with the toe of your back foot (but not directly in front).
- Keep most of your weight evenly distributed.
- Stand tall with your back straight and arms relaxed at your sides.
- Look forward and focus on maintaining your balance.
- Hold for 10–30 seconds.
- Switch feet and repeat.
- Repeat 3 times on each side.



#### BENEFITS

Challenges balance and improves stability during narrow-based standing activities.



#### SAFETY TIPS

- Stand near a sturdy counter, table, or chair for support if needed.
- Make sure your environment is free of tripping hazards.
- Stop the exercise if you feel dizzy, lightheaded, or unsteady.



### 4 Weight Shifts

This exercise helps improve your balance by shifting your weight from side to side.

#### HOW TO DO IT

- Stand with your feet about hip-width apart.
- Shift your weight slowly to one side, allowing your body to lean while keeping your other foot light on the floor.
- Keep your hips and shoulders facing forward.
- Hold for 2–3 seconds.
- Shift your weight to the other side.
- Move slowly and with control.
- Repeat 10 times (5 to each side).



#### BENEFITS

Improves dynamic balance, coordination, and helps build confidence with movement.



#### SAFETY TIPS

- Stand near a sturdy counter, table, or chair for support if needed.
- Make sure your environment is free of tripping hazards.
- Stop the exercise if you feel dizzy, lightheaded, or unsteady.



## 5 Marching in Place

This exercise helps improve balance, coordination, and leg strength while in motion.

### HOW TO DO IT

- Stand tall and hold onto a counter, chair, or table for support if needed.
- Lift one knee up toward hip height.
- Lower your foot back down to the floor.
- Lift the other knee up.
- Continue alternating legs in a marching motion.
- Keep your back straight and your movements controlled.
- March for 20–30 seconds.
- Rest if needed and repeat 2–3 times.



### BENEFITS

Improves balance, coordination, and strengthens the legs while promoting cardiovascular health.



### SAFETY TIPS

- Stand near a sturdy counter, table, or chair for support if needed.
- Make sure your environment is free of tripping hazards.
- Stop the exercise if you feel dizzy, lightheaded, or unsteady.



## 6 Heel Raises

This exercise strengthens your calf muscles and improves balance and ankle stability.

### HOW TO DO IT

- Stand tall with your feet hip-width apart.
- Hold onto a counter, chair, or table for balance if needed.
- Slowly rise up onto the balls of your feet, lifting your heels off the floor.
- Pause for a moment at the top.
- Slowly lower your heels back down to the floor.
- Keep your movements controlled.
- Repeat 10–15 times.
- Rest if needed and repeat 2–3 times.



### BENEFITS

Strengthens calf muscles, improves balance and ankle stability, and supports daily activities like walking and climbing stairs.



### SAFETY TIPS

- Stand near a sturdy counter, table, or chair for support if needed.
- Make sure your environment is free of tripping hazards.
- Stop the exercise if you feel dizzy, lightheaded, or unsteady.



## 7 Single Leg Stand

This exercise helps improve balance, stability, and confidence in daily activities.

### HOW TO DO IT

- Stand tall and hold onto a counter, chair, or table for support if needed.
- Shift your weight onto one foot.
- Lift your other foot off the floor, bending your knee slightly.
- Keep your hips level and your back straight.
- Look forward and focus on maintaining your balance.
- Hold for 10–30 seconds.
- Lower your foot back down.
- Switch legs and repeat.
- Repeat 2–3 times on each leg.



### BENEFITS

Improves balance, strengthens leg muscles, and helps reduce the risk of falls.



### SAFETY TIPS

- Stand near a sturdy counter, table, or chair for support if needed.
- Make sure your environment is free of tripping hazards.
- Stop the exercise if you feel dizzy, lightheaded, or unsteady.