



CLASS 2 | BALANCING ACT WORKSHEET

Mayo Clinic Balance Training



© Mayo Foundation for Medical Education and Research. All rights reserved.

- Begin with both feet on the floor and your weight evenly distributed.
- Lift one foot off the ground and see how long you can balance while still keeping your upper body straight and without tipping over.
- After 30 seconds switch feet.



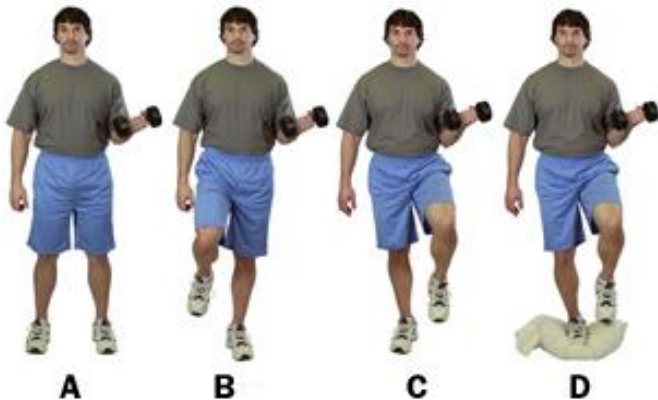
© Mayo Foundation for Medical Education and Research. All rights reserved.

Adapted From: Slide show : Balance exercises (Mayo Clinic) <http://www.mayoclinic.org/healthy-living/fitness/multimedia/balance-exercises/sls-20076853>

RESOURCES

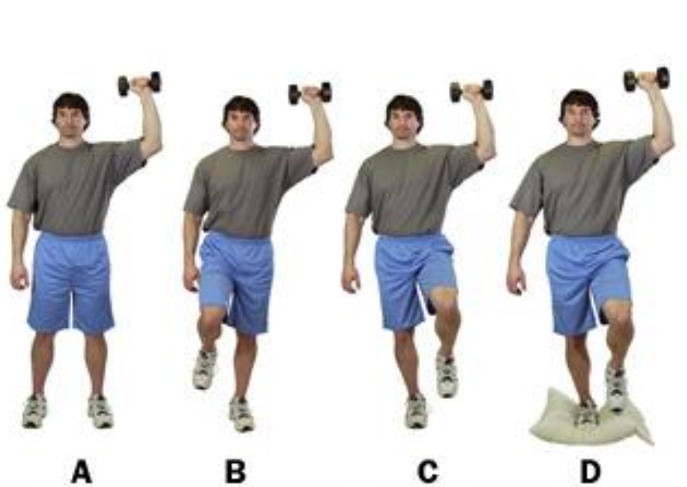


- Repeat the same steps as the first activity, but this time bend the knee of the leg that is lifted and hold.



© Mayo Foundation for Medical Education and Research. All rights reserved.

- Evenly distribute your weight on both feet and place them shoulder-width apart.
- Hold a dumbbell in one hand and lift the opposite leg with the knee bent, stay in this position for as long as you can without faltering.
- Switch the hand holding the dumbbell and the leg that is lifted and repeat.
- For an additional challenge stand on a pillow, Bosu Ball or another unbalanced surface.

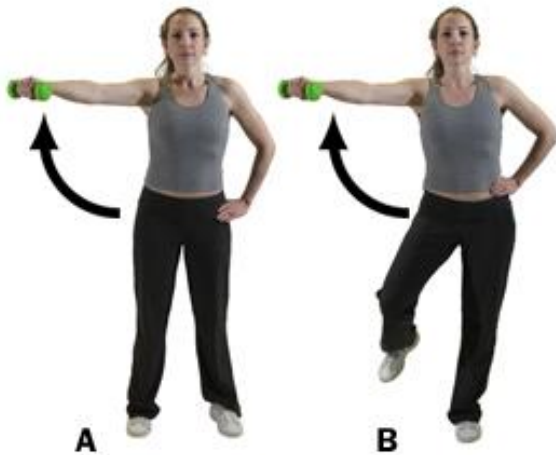


© Mayo Foundation for Medical Education and Research. All rights reserved.

- Repeat the same steps as the previous exercise, but this time instead of holding the dumbbell, lift it above your head and hold the position.
- Then switch the weight to the other hand and lift the opposite leg.
- For an additional challenge, stand on a pillow, Bosu Ball or another unbalanced surface.

Adapted From: Slide show : Balance exercises (Mayo Clinic) <http://www.mayoclinic.org/healthy-living/fitness/multimedia/balance-exercises/sls-20076853>

RESOURCES



© Mayo Foundation for Medical Education and Research. All rights reserved.

- Plant your feet hip-width apart and evenly distribute your weight onto both feet.
- While holding a dumbbell in one hand, lift that arm perpendicular to your body.
- Next raise the leg on that side of your body and bend the knee back, holding the position for as long as you feel steady.
- Switch sides and repeat the exercise.
- For an additional challenge stand on a pillow, Bosu Ball or another unbalanced surface.

Adapted From: Slide show : Balance exercises (Mayo Clinic) <http://www.mayoclinic.org/healthy-living/fitness/multimedia/balance-exercises/sls-20076853>