The Super Six Exercises You Can Do at Home to Improve Balance

Perform these exercises on a firm surface. Use a chair, a wall or other support if you need to maintain balance.

One Leg Balance
- Balance on one leg as your eyes focus on a point in front of you.
- Circle the foot at the ankle.
- Flex and extend the ankle.
- Try to hold position for 10, 20, 30 seconds.
- Repeat on other leg.
  ### *Variation:*
- Cradle your raised thigh, circle your ankle and extend leg gently forward.
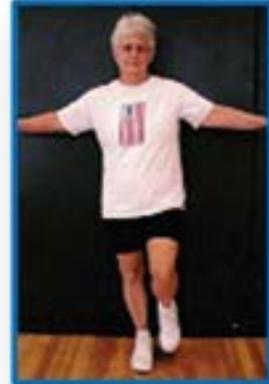
Calf Raise
- Balance on one leg and roll gently onto your toes and hold.
- Use chair or wall for support if needed. Do 8-12 repetitions.
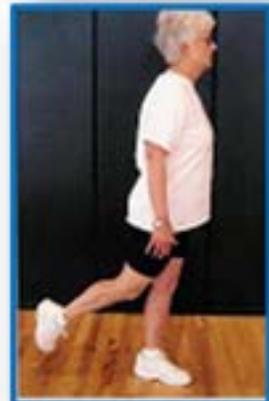- Repeat on other leg.

Hip Raise
- Shift weight to one foot while looking ahead at a focus point.
- Lift other knee up, level with floor.
- Hold onto chair or wall if needed.
- As you balance on one foot, place the other foot on an imaginary soccer ball and roll it in a circular motion.
- Repeat on other leg.

Hip Extension
- Balance on one leg.
- Extend your hip behind your body.
- Hold onto chair or wall if needed.
- Reach other arm over head in a diagonal extension.
- Hold 10, 20, 30 seconds.
- Repeat on other leg.

Knee Bend

- Balance on one leg.
- Bend your knee 90 degrees and hold.
- Hold onto a chair or wall if needed.
- Repeat on other leg
  Variation:
- Stand with your back away from a wall, bend your knee so that your foot is flat against wall, press your foot firmly into the wall and hold.

Chair Stands

- Sit at the front edge of the chair, arms crossed over chest or placed on thighs.
- Stand up completely and sit back down.
- Repeat several times.
  Variation: Elevator Going Up and Down
- Place feet a comfortable distance apart with hands at sides or supported on a wall or chair.
- Move upward as if on an elevator going up one floor at a time.
- Stop and hold the position for a few seconds at each floor.
  Fit Note: Consult your physician before beginning any exercise program. Persons with severe balance deficits should exercise under close supervision.

Do it for life!