Balance has a major impact on health and quality of life. With balance you can improve:

1. Reaction Time
2. Coordination
3. Stronger Muscle & Bones
4. Brain Function

Increasing these aspects helps by decreasing the risk of falling.

Bad balance limits mobility and daily activities.

Balance is more than just standing one leg, it’s neurological and involves your sensory, nervous and motor systems.

Neuromotor training improves balance and reduces the risk of falls.

Exercise has a positive affect on balance and overall the quality of life.

By Jazmyn Webster