BENEFITS OF BALANCING

WHY DO WE FALL?

- Poor vision
- Slow reaction time
- Side effects from prescription drugs
- The muscles of the hips and legs become not as strong as what they once were.
- With weaker muscles of the hips and legs, it becomes harder to pick the feet up higher.

BENEFITS

- Brain function will improve
- Improves your reaction time
- Hand-eye coordination increases
- Your muscles and bones will become stronger

TIPS FOR ACHIEVING SAFETY

- First, start with holding a steady chair with all fingers when performing balance exercises. Then gradually “take away” fingers, until you do not need to use the chair for support!
- Keep your weight centered.
- Do not perform any quick movements when performing the exercise movements.
- Check with your doctor before you start balancing exercises if you are dealing with “vertigo, ear infections, Meniere’s disease, chronic dizziness or drug interactions (“12 Best Balance Exercises”).

Made by: Lindsey Ross