

## **Simple Exercises to Improve Your Balance**

**\*30 seconds of each exercise**

1. Stand with feet close together



2. Stand with one foot in front of the other; 30 sec per leg



3. Balance on 1 leg; 30 sec per leg



4. Side leg lifts; 30 sec per leg



5. Standing knee raises; 30 sec per leg



6. Tree Pose; 30 sec per side



**OR**



7. Opposite arm and leg lift; 30 sec per side

