

Balance Exercises

Weight Shifting – Side to Side



Suggested Accessories

- Clock with a second hand

Safety

- Stand with your back in a corner, close to the wall but not touching. Place a firm chair in front of you, and hold on as you step on the foam.

Exercise Instructions

- The goal of this exercise is to keep your feet in one position and move your body weight from side to side. Most of the movement is from the ankles and hips. You are trying to use a strong core and not bend at the waist.
- Position your feet slightly wider than shoulder width apart. Focus on putting equal pressure on both feet.
- Perform side to side movements by shifting your weight from one leg to the other.
- Shift your weight to the right leg and hold for 5 seconds. Then shift your weight to your left leg and hold for 5 seconds.
- Move back to your neutral position. Repeat this exercise 10 times.
- When you shift your weight **try not to keep your feet in one place, but your heels may slightly lift up from the ground.**

