

# Balance Exercises

## Weight Shifting – Side to Side, Eyes Closed



### Suggested Accessories

- Clock with a second hand

### Safety

- Stand with your back in a corner, close to the wall but not touching. Place a sturdy chair in front of you.

### Exercise Instructions

- The goal of this exercise is to keep your feet in one position and move your bodyweight from side to side **while closing your eyes**. 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**.

