Free guide

Beginner Balance

LIVE BETTER. MAKE LIFE MATTER.

Supported balance practice. Every standing part uses a stable chair. A seated version is included.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. Do not practice balance without support if you are at risk of falling.

These guides are not treatment.

Time

About 10 minutes beside a stable chair. Stop sooner if you feel unsteady.

Rest whenever you want. You do not have to finish every part.

Set up near a stable chair

Stand beside a sturdy chair and keep one hand on the back of it. If standing does not feel safe, stay seated.

How much: Take a moment before you move.

An easier way: Use the seated alternative for the whole routine.

Supported heel raises

Hold the chair. Lift both heels a little, then lower them.

How much: 6 raises.

An easier way: Do 3 small lifts, or do the lifts while seated.

Supported side steps

Hold the chair. Step one foot out to the side and bring it back. Switch sides.

How much: 4 steps each side.

An easier way: Take 2 smaller steps.

Gentle weight shifts

Hold the chair. Shift a little of your weight toward one foot, then the other. Keep both feet on the floor.

How much: 6 shifts.

An easier way: Make the shift smaller, or stay seated and rock gently from side to side.

Heel-to-toe with support

Keep holding the chair. Place one foot ahead, heel toward the other toe, and take a few short steps.

How much: A few supported steps.

An easier way: Skip the steps and only shift your weight while holding the chair.

Seated alternative

If you are at risk of falling, or standing does not feel safe, stay in the chair. March the feet and circle the ankles.

How much: About 1 minute.

An easier way: Make the movement even smaller.

Open this guide in lifeZoi

https://www.lifezoi.com/academy/move/resources/guides/beginner-balance

Sources linked, not copied

Older Adult Activity: An Overview (Centers for Disease Control and Prevention)

https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html

Balance Exercise for Older Adults (National Institute on Aging on YouTube)

https://www.youtube.com/watch?v=4YOBIEOobCE

Heel-to-Toe Walk Balance Exercise for Older Adults (National Institute on Aging on YouTube)

https://www.youtube.com/watch?v=z_GKdFf3qv4

Fitness for all (LiveUp)

https://www.liveup.org.au/fitness-for-all

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.