

## Balance exercises

Current Department of Health guidelines suggest that those over the age of 65 should perform some form of exercises to improve balance twice a week. Below are some exercises that you might try.

When practicing balance, take care to ensure your environment is safe with no sharp objects or other hazards in your surroundings. Always consult a healthcare professional before starting a new form of exercise.

For more information, visit: [www.arthritisaction.org.uk](http://www.arthritisaction.org.uk)



### Simple balance exercises

- Start holding onto the chair with both feet on the floor
- Raise one foot 1cm off the ground
- Hold for 10 seconds
- Repeat this 3 times on both side
- **PROGRESSION** - hold for 20 seconds or float the hands *above* the chair



### Advanced balance exercises

- Start holding onto the wall, with your feet on opposite edges of the board
- Try to balance the board so that the edges are not touching the ground
- **PROGRESSION** - tilt from side to side or try without holding on

TAKE CARE!

