

2. Balanced sway



Aim Train balance muscles.

- Instructions**
- Stand upright facing a solid surface, with your thighs just touching the surface, eg. table or chair back.
 - Step back a small amount (about half the length of your feet) – stand with your feet shoulder width apart, with your feet flat on the ground.
 - Stand up straight – straight knees, straight back, look straight ahead with your fingertips just touching the back of the chair if needed for balance.
 - Sway slowly forward until both thighs just touch the table/chair (do not lean on them).
 - Hold for 3 seconds then move back to starting (upright) position.

Repetitions 10 times (3 x per week).

Tip Try not to overbalance or take a step.