

## L2 Ex2. Stepping balance



**Aim** Improve balance.

- Instructions**
- Stand up straight on a level surface in a clear space, with a chair or small table near you. Walk around the chair or table while always facing the same direction.
  - Have your weight evenly distributed through both feet.
  - To start, step sideways to the edge of the chair then walk forwards to the front of the chair.
  - Then step sideways (the opposite way to before). Now step backwards till you reach the back of the chair.
  - You should have just stepped as though around a box – but always facing in the same direction.

**Repetitions** 10 times (3 x per week).

**Tip** Stand up straight, do not bend over.  
If you are unbalanced you can lightly touch your fingers on the chair back or table.  
Make sure there is nothing to trip over and when stepping sideways ensure your legs do not cross over each other or you may trip.