

balance

['baləns]

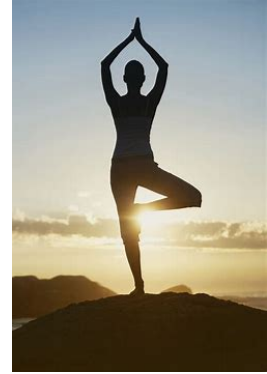
NOUN

- an even distribution of weight enabling someone or something to remain upright and steady.

"she lost her balance before falling" ·

synonyms:

[stability](#) · [equilibrium](#) · [steadiness](#) · [footing](#)



And there you have it - the definition of balance! The most important thing regarding balance is laid out in the second line and states what we want to avoid by improving balance!

There are many technical things we could delve into with regard to balance, but let's avoid that and instead break it down to the simplest thing with regards to our purpose here. The #1 goal is to avoid falling. This is critical. The ability to maintain balance to avoid falling is the key to independence and performance in daily activities.

The first step is to build strength!!!! Greater strength equals greater balance, BUILD your STRENGTH.

The second step is to practice some basic balance activities. I recommend always having something near by to assist you if you begin to lose your balance.

Two favorite balance exercises with my clients include the Heel Toe Walk and the monster step.

Heel Toe Walk is exactly what it sounds like. Walk in a straight line, it can be done on an actual line, putting one foot in front of the other with the heel of the one foot just slightly in front of the toe of the other foot. Continue walking down the line continuing to alternate lead legs.

Monster Step. - This step is similar to the Heel Toe walk in the sense that both feet should remain in a straight line. However, the goal is to lift one leg as high as possible and step as far as possible....safely.

Many corrective exercises exist for balance issues, consult your Fitness Pros trainer for assistance. info@fitnessprosbattlecreek.com, 269-967-6300.