

Improving Your Balance Through Fitness

Function: Increase your balance with exercise

Benefits: To build muscles to improve strength, improve balance & prevent falls, and improve or maintain physical independence.

How Often: Perform daily

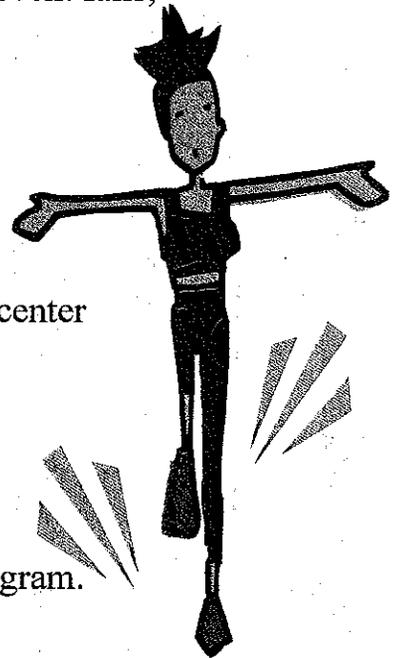
Where: In the comfort of your own home or while doing errands.

Contact the Division on Aging at (989) 895-4100 for the meal center in your area offering exercise classes.

What will I need: Comfortable shoes and clothing

Safety Tips: Check with your doctor before beginning any exercise program.

Ask someone to assist you the first few times, for safety.



Balance Exercises YOU can do Anywhere, Anytime

Standing and sitting down:

- ◆ Practice standing up and sitting down without using your hands.

Walk heel-toe:

- ◆ Position your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch

Stand on one foot:

- ◆ Remember to alternate feet
- ◆ Can be done while waiting in line when shopping, at your kitchen sink, while cooking, or cleaning, while doing any of your normal daily activities



"Exercise A Different Muscle Each Day"

Soon you will notice the exercises are easier to complete.

You will also notice a difference in how much better you feel.

Give it a try.