

## HEY, want to improve your balance?

Everyone wants to prevent falls and improve balance, at any age. NIH in Health offers these daily exercises to steady your balance (and you could do these while talking on the phone or at work too):

- Stand on one leg at a time for a minute. Slowly increase the time. Try to balance with your eyes closed or without holding on to anything.
- Stand on your toes for a count of 10, and then rock back on your heels for a count of 10.
- Move your hips in a big circle to the left, and then to the right. Do not move your shoulders or feet. Repeat 5 times.

