

Gentle Balance Exercises For Seniors PDF

Better5

100+ fitness classes
for older adults at

[Shop.Better5.com](https://shop.better5.com)



Arch

Inside
Arch

Ball

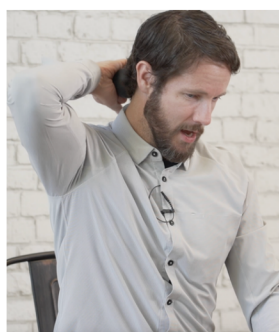
1. Foot Rolling

- Sit in a chair with a ball on the ground. Place your foot on the ball so it's in the arch of your foot. Roll front to back for 20-30 seconds.
- Lean over slightly & continue with the ball rolling on the inside of your arch for 20-30 seconds.
- Next, put it under the ball of your foot & move your foot to the side like a windshield wiper for 20-30 seconds.
- Switch feet & go through all 3 movements again.



2. Surfers

- Sit upright with arms out to the side. Reach out to the side as far as you can in one direction while keeping your butt on the chair. Then shift all the way in the other direction.
- Repeat for 6 reps going back & forth in each direction.



3. Neck Rolling

- Put the ball on the back of your head, off to one side. Roll straight down until the bottom of your skull. Then roll it slightly side to side for 15-20 reps.
- Repeat on the other side.



4. Toe Lifts

- Take your shoes off. Press all your toes into the ground, try to lift your big toe for 20 reps.
- Switch sides & do 20 reps.

5. Banded Ankle Inversions



How to set up the band:

- Cross one leg over the other so your foot is just outside your knee.
- Holding a band in the middle, drape the middle over your ankle.
- Take both ends in your hands & pull it straight down towards the floor on the side of your foot closest to your body. Then pull it under your foot and up the other side.

How to do the exercise:

- Holding the ends of the band in your hand on the opposite side of the foot, put your leg back down, then straight out in front of you.
- Allow the band to pull the base of your foot inwards then straighten it back out.
- Do 10 reps per foot



6. Neck Retraction

- Pull your face straight back keeping your head level (like a turtle pulling back into its shell)
- Reverse the movement and pull your face directly forward.
- Do 10 reps.



7. Thumb Twists

- Sitting in a chair, bring your arms together in front of you
- Interlock your fingers together with your thumbs up
- Twist to one side then twist to the other side while maintaining focus on your thumbs
- Go as fast as you can while maintaining focus
- Do the full movement 6 times



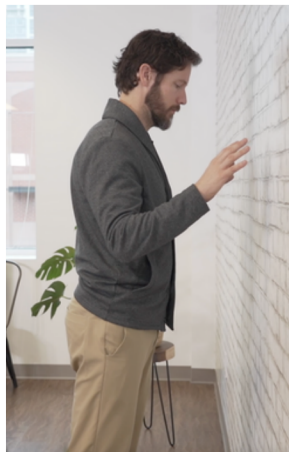
8. Foot Rooting

- Take your shoes off & plant the heel of your foot, the bottom of your pinky toe & the bottom of your big toe into the ground
- Actively engage by squeezing your muscles & keep your foot from moving
- Squeeze and hold for 10 seconds. Repeat twice per foot.



9. Slow Standing Rotation

- Stand with feet shoulder width apart and knees slightly bent
- From this active position twist back and forth
- Keep your feet firmly planted & actively pushing into the ground as you twist
- Continue for 30 seconds. Take a few seconds rest then repeat for 30 more seconds.



10. Standing Forward Lean

- Stand close to a wall, facing it with your hands in front of you
- Plant your feet firmly into the ground and slowly lean forward a tiny little bit (maybe 5-10 degrees) then come back without touching the wall, using your feet to control your range of motion
- Repeat for 10 repetitions



11. Single Leg Balance Against Wall

- Standing close to a wall, put your fingertips on the wall with your feet side by side
- Shift all your weight onto one foot then lift the other foot back & off the ground behind you. Remove your fingers from the wall, keeping them close in case you need it for balance. Hold for 10 seconds on 1 foot.
- Put your fingertips back on the wall, lower your foot back down, take a breath, then repeat on the other side.



12. Narrow Stance Hula Hoops

- Keep your feet just under your shoulders
- Rock your hips around in a circle as if doing a slow hula hoop; be sure to actively press your feet into the ground
- Do 10 in one direction. Take a short break & do 10 in the other direction.



13. Fencer Stance Holds

- Standing close to a wall, put your finger tips on the wall, bend your knees slightly and take 1 step back with your other foot so you're on your toes and put most of the weight on your front foot
- Take your fingers off the wall, but keep them nearby and hold for 10 seconds
- Repeat on other side for 10 seconds