

Balance Exercises



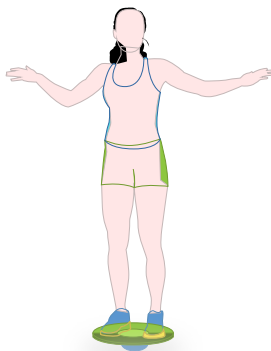
Stand on one foot

Stand on one foot behind a sturdy chair, gripping for balance. Hold for 30-60 seconds. Repeat with the opposite leg. Try doing this several times each day. To increase the challenge, do it with your eyes closed.



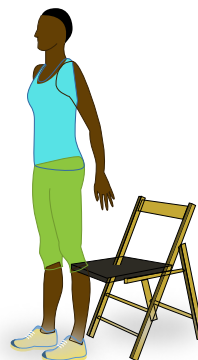
Walk heel to toe

Pretend you are walking a tightrope. Place the heel of one foot in front of the toes of the opposite foot each time you take a step. Select a spot ahead of you, focusing on it to keep you steady as you walk.



Balance on a wobble board

This training tool is designed to challenge your stability. To maintain balance, you need to use a variety of muscles that you wouldn't normally use if you were just standing on a flat surface.



Do resistance training

Many of the resistance training exercises that we do for our core or lower body will also improve balance.



Take a tai chi or yoga class

Both of these activities can improve balance.

**DIABETES
CARE COMMUNITY**

Scan to visit our website

