

I'm not a bot



[illegible]

balance board beneath your feet. Practice moving the board from side to side to get a feel for how to balance in the center point. 34. Balance Board Rotations This exercise will help you gain and maintain stability on the balance board with built in breaks to build up your balance. Standing on the board with both feet, tilt your body forward so the front of the board rests on the floor. Hold, then do the same backwards. Build up by moving side to side as well. 35. Standing Balance In order to practice more challenging workouts on a balance board, you need to be able to stand on it comfortably. Begin by slowly stepping both feet onto the board when it is at a tilt. Eventually, the aim is for no edge of the board to be touching the floor. 36. Balance Board Squat Balance board squats work the body from head to toe, building strength and stability. With feet placed firmly on the balance board, squat down, pushing the hips back behind you. Rise and repeat. 37. Kneeling Spin For this exercise, kneel on the floor with both hands placed on the balance board. Gently tilt the board from left to right, then forwards and backwards. The kneeling spin strengthens the core and spine, helping you to walk tall. 38. Single Foot Tilts If you're ready to progress from two foot activities on your balance board, add single foot tilts to your practice. With one foot firmly on the board and one foot raised, practice tilting the board forwards and backwards until it touches the ground. 39. Standing Twists Standing oblique twists strengthen the core, but they can be used to add stability when combined with a wobble board. Balancing on your board with your arms stretched to the sides from your shoulders, alternate moving one arm in front and the other behind. Start slowly, then pick up the pace as you gain confidence. 40. Balance Board Plank The plank exercise is a fantastic way to target your body from head to toe. Using your wobble board to plank takes this one step further by creating an unstable surface for balance. With your hands on either edge of your wobble board, time how long you can hold a pushup position. The above exercises are a fantastic way to improve your balance from the comfort of your own home, but exercising alone isn't for everyone. These classes will help you gain all the benefits of discreet balance workouts, while meeting new people and building fitness at the same time. 41. Yoga Yoga is a progressive workout that you can take at your own pace. Alongside balancing poses that will build strength and stability, yoga combines dynamic movement with stretches and meditation for a holistic approach to a healthier you. For more information on different types of yoga and where you can practice, check out our guide to yoga for seniors. Find more yoga videos here! 42. Pilates Don't be fooled by the fact that most pilates exercises are done from the floor—a pilates class builds core strength and spine flexibility to leave you standing taller with improved balance. Learn more about how to practice pilates right here. 43. Tai Chi Tai Chi combines gentle movement with breathing exercises to improve balance and coordination while relaxing the mind and body. Check out our handy guide to learn more about how to practise Tai Chi and the benefits you can expect. 44. Ballet Ballet isn't just for young girls—the improved poise and posture to be gained through practicing ballet can be experienced by anyone at any age. Plus, learning a new skill is great fun! Tips for Balance Exercise Beginners Just like any new exercise regimen, it's important to make sure you start out gently and are well prepared for the exercises ahead. Follow these top tips to stay safe and get the most out of your balance exercises. Come Prepared Even if you're exercising in your lounge in front of the television, it's important to prepare the body properly. Ensure you wear loose, comfortable clothing with plenty of room for movement. Keep a bottle of water handy too—you may be surprised at how much balance exercises can challenge the body. Use Support Until you are very confident with balancing, it's worth exercising near a support to prevent falls or an injury. Try using your wobble board or cushion between two chairs so you have something to grab if you slip. Performing standing exercises in front of a chair or kitchen counter provides added stability. Build Up to More Challenging Exercises When it comes to balance, the only person you are competing against is yourself, so practice building up your strength before you tackle the more challenging exercises. It may take some time getting used to standing on wobble boards or balance pads before you're ready to practice exercises that use them. Balance is a key part of physical fitness, but it's not enough on its own. To enjoy your best health and feel confident heading out on walks or trips, it's important to address all areas of fitness. Here's what you can do to complement your balance training. Build Strength Alongside strengthening the body for balance, building muscle mass is a key component to healthy ageing. Whether you choose to lift weights or practice body weight exercises like yoga or pilates, continuing to strengthen your muscles is essential. Improve Flexibility Maintaining flexibility supports mobility and is another key aspect of preventing falls and injuries in seniors. Why not try some gentle yoga stretches at the end of the day to wind down before bed? Maintain a Healthy Weight Maintaining a healthy weight ensures you enjoy life to the fullest for longer. Eat a balanced diet rich in fruit and vegetables and stay active to support your overall mental and physical health. Use a Mobility Aid These exercises will help improve your balance, but they aren't a quick fix, so it's important to protect yourself from falls in the meantime. Using a cane or walker adds stability when walking and provides peace of mind that you're supported in the event of a slip or trip. Our guide to the 10 Best Canes for Balance Problems is a great place to start your search. Find Your Balance with these Fun Activities If improving your balance is as simple as doing the grapevine in your lounge, there's no excuse not to get started. Balance exercises can be anything from strength training to pure silliness, so you're sure to find the exercise that's right for you. Walk with confidence with the best balance exercises for seniors.