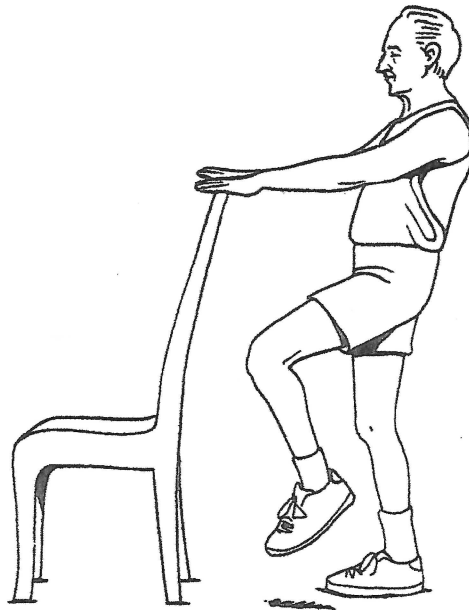


ONLY DO THESE IF YOU ARE HOLDING ONTO THE KITCHEN SINK AND NOT A CHAIR!!

BALANCE - 6 One-Legged Stands Eyes Closed

Hold on and close eyes.
Try to balance on one leg.
Hold as long as possible.
Repeat on other leg.



REPEAT: _____ Times
 _____ Times a Day.

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BALANCE - 15 High Stepping

Holding onto a heavy chair,
lift knees, taking high steps.



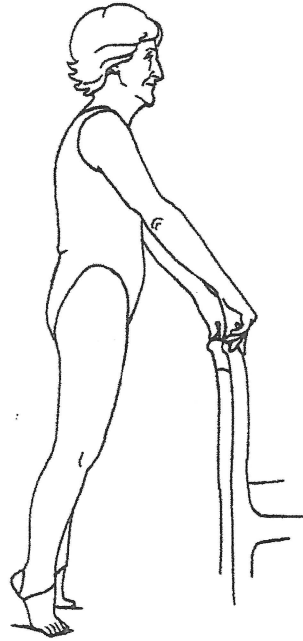
REPEAT: _____ Times
 _____ Times a Day.

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BALANCE - 7 Toe Stands

Stand on toes
as long as possible.
Repeat with one foot
if possible.

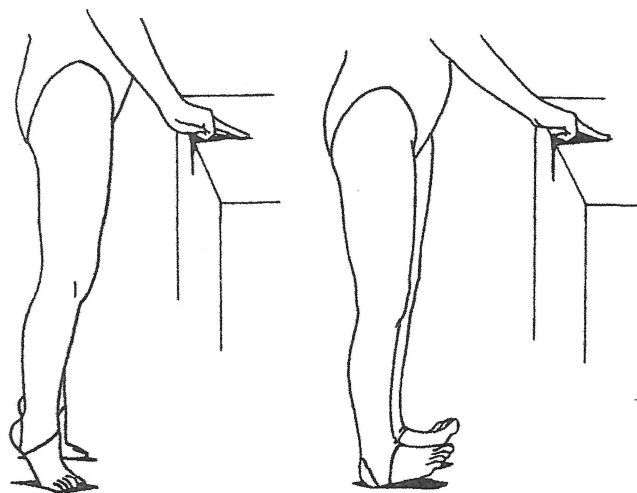


REPEAT: _____ Times
 _____ Times a Day.

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BALANCE - 3 Toe Ups

Gently rise up on toes
and rock back on heels.



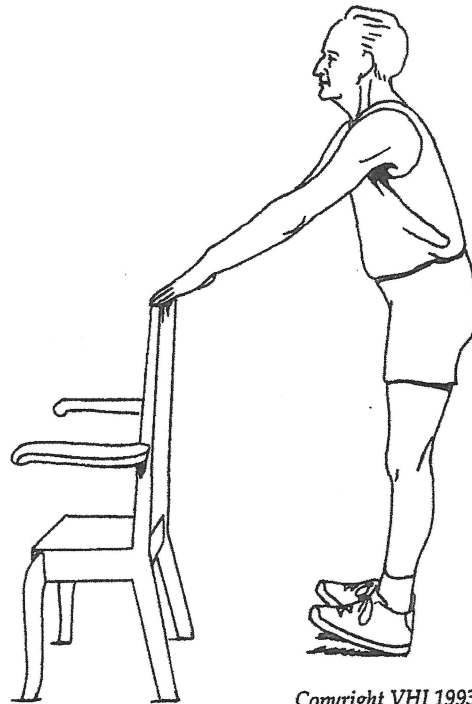
REPEAT: _____ Times
 _____ Times a Day.

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BALANCE - 8 Heel Stands

Stand on heels
as long as possible.
Try to repeat
standing on one leg.

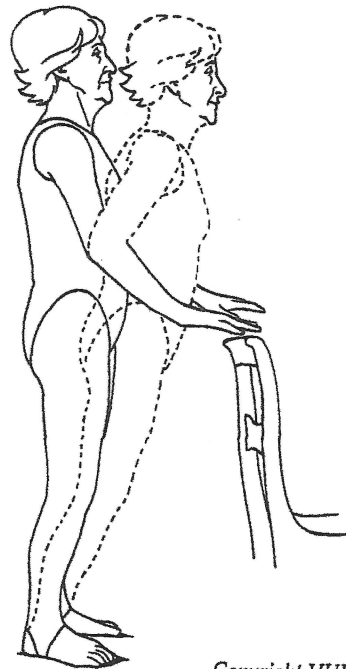


REPEAT: _____ Times
_____ Times a Day.

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BALANCE - 2 Front Leans

Bring body weight
forward and back
as far as possible.
Try to maintain balance
without holding on.



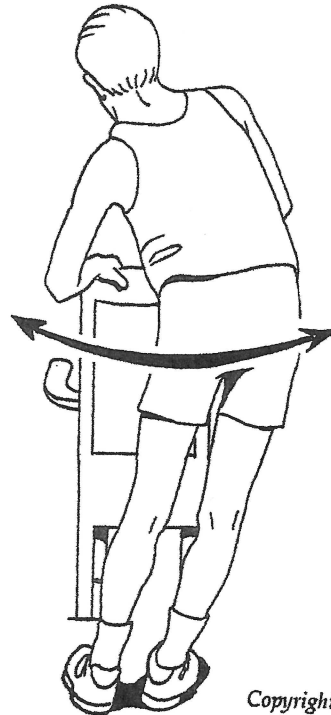
REPEAT: _____ Times
_____ Times a Day.

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BALANCE - 1 Standing Side Leans

Holding on,
lean body weight
from side to side.

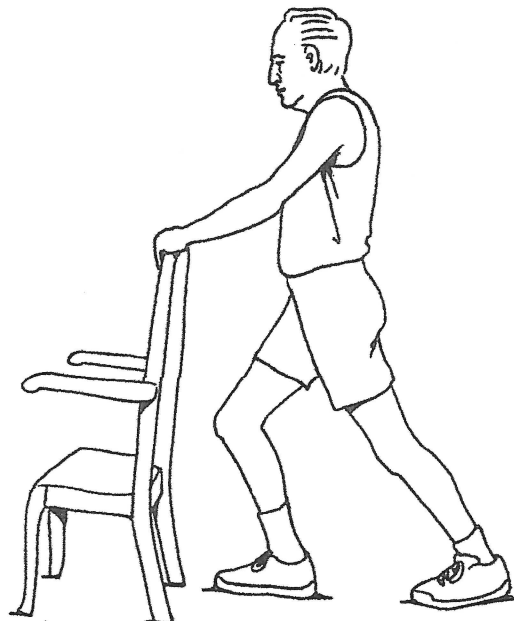


REPEAT: _____ Times
 _____ Times a Day.

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BALANCE - 4 Heel Cord Stretch

With right foot
in front of left,
lean forward
keeping left heel flat.
Hold 30 seconds while
counting out loud.
Repeat with opposite
foot in front.



REPEAT: _____ Times
 _____ Times a Day.

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