

# Canadian Centre for Activity and Aging

Leaders in Physical Activity Research and Program Development for Seniors

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## Balance Activities

June 20, 2014  
R2A Conference  
Kathy Meyer

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June 20, 2014

## Narrow Base of Support



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## Shift Centre of Gravity



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## Shift Centre of Gravity



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## Add Movement



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## Add Movement



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## Change Sensory Input



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## Change Sensory Input



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## Change Sensory Input

- Stand on one foot with small ball under the other foot. Roll ball forwards and backwards and side to side.

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## 30 Second Balance Test

- Stand on one foot. Move leg forwards and backwards for 10 seconds. Without putting it down, switch direction to out to the side and in for 10 seconds. Still keeping your foot up put leg in front and turn ankle one way for 5 seconds and the other way for 5 seconds. Rest.

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## Dynamic Balance Using Sports Activities

- Soccer Goalie
- Football Kicker
- Snowboarder – try this on a step to add some challenge

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## Functional Activities

- Reach to a top shelf. Pretend to be standing on a small stool with feet tight together. Go up on toes to reach for a high item. Bring it down and put it on a lower shelf or hand it to someone beside you.
- Kick off your boot while standing on one foot
- Pull on a pant leg standing on one foot.

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## Change Speed, Direction Movement

- Tandem walking. Go fast, go slow, high step, go backwards.
- Create an obstacle course. Tandem walk between 2 wands, turn 90 degrees and walk along step, turn again and walk across a mat, turn in a circle making a box with your feet.

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## Put it all together

- Dirty Dancing on a Log.

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## Enhance Balance with Strengthening

- Toe taps
- Power strengthening for tibialis anterior and gastrocnemius

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## Playlist

- Warm up Music
- Mambo #5 – Lou Bega
- Splish Splash – 50's Workout Hi-Lo - Power Music
- The Sound of Sunshine – Michael Franti
- ABBA Medley – Best of Stars of 45 – itunes
- I Feel Lucky – Mary Chapin Carpenter
- It's a Beautiful Day – Michael Buble –To Be Loved

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- Cardio Music
- Beatles Medley – British Pop Boyz – itunes
- YMCA – Fun Party Dance Classics
- **Blue Moon – 60's Pop PowerMix -Power Music**
- **Axel F – Instrumental NRG Anthems - Power Music**
- **I Like Chopin – Instrumental NRG Anthems - Power Music**

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## Cool Down Music

- Always on My Mind – Willie Nelson
- Moonlight Serenade – Big Band BodyMix
- Young at Heart – Michael Buble – To Be Loved
- Tea-House Moon – Enya – The Memory of Trees

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