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Western Standian Centre for Activity and Aging



Western Strandian Centre for Activity and Aging

Balance Activities

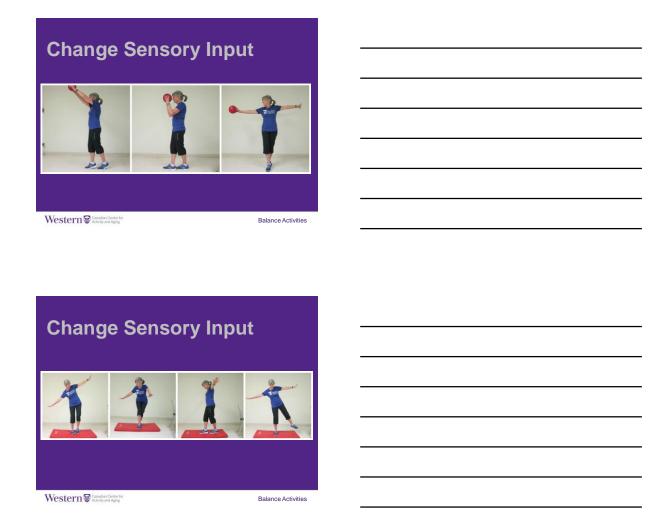


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Balance Activities



Western & Canadian Centre for Activity and Aging



### **Change Sensory Input**

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

Western & Canadian Centre for Activity and Aging

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 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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Balance Activities

# Dynamic Balance Using Sports Activities

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

Western Standard Centre for Activity and Aging

Balance Activities

#### **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.

Western Standard Centre for Activity and Aging

## **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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Balance Activities

### Put it all together

• Dirty Dancing on a Log.

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Balance Activities

# **Enhance Balance with Strengthening**

- Toe taps
- Power strengthening for tibialis anterior and gastrocnemius

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Playlist	
Warm up Music	
Traini ap maeic	
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	
<ul> <li>I Feel Lucky – Mary Chapin Carpenter</li> <li>It's a Beautiful Day – Michael Buble –To Be</li> </ul>	
Loved	
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Western States Center for Balance Activities	
Cardio Music	
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	
Western Standan Centre for Activities Balance Activities	
Cool Boom Morels	
Cool Down Music	
<ul> <li>Always on My Mind – Willie Nelson</li> <li>Moonlight Serenade – Big Band BodyMix</li> </ul>	
Young at Heart – Michael Buble – To Be	
Loved	
Tea-House Moon – Enya – The Memory of Trees	
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Balance Activities

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