





Canadian Centre for
Activity and Aging
Leaders in Physical Activity Research and Program Development for Seniors

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**Balance: Anywhere,
Anytime**

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Western  Canadian Centre for
Activity and Aging

Brief Overview

- The Balance System keeps us steady at rest and while moving. It adapts to changing conditions and responds to sudden unexpected disturbance.
- Osteo Guidelines – daily for 15 -20 minutes
- SFIC - Static, Dynamic & Functional (5 min)
- Progressive in nature
- Attention to balance throughout 1 hour class

General Guidelines

Static Postures

- Progressively teach more difficult postures that gradually reduce base of support
 - Examples: wide to narrow stance, tandem stance, and 1 leg stance, add arm and leg movements.
- Change surface
 - Example: floor to wobble board
- Add cognitive task while in stationary poses
 - Examples: upper body arm (clock direction) names that start with "B," count backwards from 50 by twos



General Guidelines

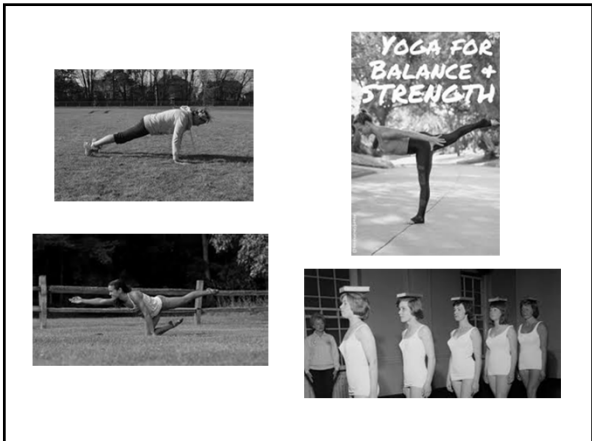
Dynamic Movement

- Teach movement that perturbs centre of gravity
 - Examples:
 - Weight shifting (marching, side to side stepping, forward/backwards)
 - Walk tandem line on heels/toes. Progress by turning head to side and moving leg to side
 - Passing ball to front, side and around body
 - Change direction on cue



Muscle Training Groups

- Strengthen postural muscles
 - Example: abs and erectae spinae for endurance (15-20 reps)
- Strengthen calf and tibialis anterior
 - Example: heel and toe raises or toe taps
- Strengthen muscles surrounding hip and knee joints (quads, glutes, adductors, hamstrings)
 - Examples: sit to stand/squats, side leg raises, hamstring curls, adductor ball squeezes.
- Exercises are mandatory in strength training



Reduce Sensory Input

Static Position

Example: While in yoga pose...

- holding a yoga pose for 10 – 30 seconds
- follow ball movement to front, side and around body (progression: add a leg movement with arm movement)

Example: While in tandem stance...

- cross arms at front, follow 1 arm to side without moving head, follow arm/ball. Repeat while turning head following cues of leader

Dynamic Movement

Example: Walk while looking side-to-side, or moving ball /wand following leader's cues

Balance

Anywhere, Anytime

Daily Activities: Functional Balance

- Unloading dishwasher: Practice mini squats
- Brushing your teeth: Practice a 1 leg stand
- Waiting for toaster, kettle to boil, microwave timer: Practice heel raises/toe taps or side leg raises.
- Reaching into fridge or trunk of car: Practice hinging from hips and engaging core and leg muscles to lift
- Walking or Standing: Practice engaging core muscles and performing a posture check



Questions?