

Balance: Conference Demonstrations

Static Progressions

1. Standing. Cue posture first and stable stance (feet hip width apart). Proceed to feet close together, wide & progress to a 1 leg stand. Hold for 10 seconds, progressing to 30 second. Have chair nearby for support or stand beside wall for safety. Arms are at side.
2. Add an arm movement to the pose. Arms out to side, above head or in a clock position. Stand on both feet, progressing to 1 leg stand. Add a cognitive skill saying names that start with "B".
3. Reduce base of support. Shift weight to front, one side, back and other side. Add an arm movement front/side/back. Raise both heels up.
4. Change surface. Stand on wobble board or sit on a stability ball.
5. Change level or reach. **Lower** body (hinge at hips) and hold in a mini squat position. Stand in a lunge position, **lower** body into a ½ lunge with arms out to side. You can put 1 hand on chair (wall) to assist. **Reach** to side with 1 arm/hold. Progress to lifting opposite foot off floor. Progress to stand on 1 foot. **Reach** 1 arm to "top shelf", progressing to standing on 1 foot.
6. Change Visual. Look to one side while in yoga pose. Using ball as a focal point.
7. Tandem Stance. Cross arms at front, follow arm to side with only eyes. Next time turn head to look at arm. 50/50 weight distribution. Reduce BoS - lift both heels, front toes/back heel.

Dynamic Progressions

1. Walk forward in a line. Stepping side to side. Weight shifting by transferring weight to front foot and back foot while in a wider tandem stance. Walk backwards.
2. Add more movement. Moving alternate leg to side (tap on floor to side) while continuing to walk a line. Stepping high steps while moving in a line.
3. Passing a ball around the body while walking forward (or back). Changing ball from 1 hand to other hand moving arm side to side. Bounce the ball on floor between each step. Throw ball in air between each step. Caution safety for lower level class. Perform in static stance first.
4. Moving and turning. Change direction of walk with verbal cueing. Example: walk forward 3 steps-Turn to right, walk 4 steps-move 3 side to side steps to the left- walk backwards 5 steps. Caution: you need a large room with good spacing between participants.
5. Change visual. Turn head side to side as you walk a line. Look at ball exchange to side and up above shoulder height.

Advanced Dynamic, Static & Cognitive Skills

1. Add a movement to a static pose. One leg stand with adding bicycle exercise. Progress to adding an arm movement. Example: Scissor arms front & back or roll arms up one way/other way as you bicycle forwards and backwards. Front crawl swimming/ bicycle leg 8 times front. Reverse bicycle keeping arms in front swimming movement.
2. Dynamic to Static. Move forward in a “walk the line” or circle movement around the room. Stop and cue a pose. Hold for 10-15 seconds. This works well in the cardio cool down section for added balance work and variety.
3. Clock Positions: cue right foot movement at 2:00, 5:00 & 12:00 o'clock in a static pose. Right foot can touch the floor or stay in air. Left leg would be other side of clock. You can also stand with feet hip width apart and cue 2 different clock positions. Cue following pairs 3 and 9, 12 & 6 and 2 & 8 o'clock. Next as you cue step on right at 1:00, lift left foot up for 1 leg stand. Hold for static stance.
4. Dual Task: Walk & Talk. Walking forward, saying all the girl's names starting with the letter E, flowers in the spring, farm animals, counting back from 100 by 7's.

Remember To:

As in any class, a great instructor knows the level of fitness and ability of your participants.

Beware of leading and progressing moves in a safe environment.

Beware of people with vision and hearing impairments. Teach 1 new balance exercise at a time, preventing overload of new skills.

Remember to keep it fun. It's OK to wobble and touch your foot down.

Leading the same 5 minutes of balance is NOT progression. Any level of class can progress.

Comment on your class's improvements and their successes.

Constantly remind class that balance is in **EVERYTHING** you do. Practice functional balance in every waking hour. Get up and move or practice a balance stance every 30 minutes of sitting time. **Be Creative!**