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Steps Towards Better Balance

TO REACH YOUR HIGHEST POTENTIAL, YOU MUST KEEP CHALLENGING YOURSELF!

How hard do you have to work to keep your balance?

1. No work at all 2. A little effort 3. Some effort 4. A lot of effort 5. Maximal Effort

If you rate your balance exercise < 3 then go up a step.
If you rate your balance exercise > 3 then go down a step.

