

LEARN BY DOING

STOP AND TRY THIS
EXERCISE
BEFORE MOVING FORWARD
TO THE NEXT LESSON.



MOVEMENT BREAK - MOVEMENT STRATEGIES

1

Ankle strategy

- Move only at the ankles forward/back with good upright posture vs flexed forward posture.
- Does your posture change how far you can move in each direction?
- Which posture provides you a greater limits of stability?

2

Hip strategy

- Stand with one foot in front of the other and swing a weight or medicine ball left/right?
- What strategy are you using?
- When would you use a similar movement during everyday tasks?

3

Stepping

- Try maximal step length test in all directions
- Try the clock yourself app at the highest speed you can while performing a dual cognitive or motor task