

3 STEPS OF A BALANCE EXERCISE



STAY IN THE “GOLDILOCKS ZONE”

JUST THE “RIGHT” AMOUNT OF :
TRANSFER OF WEIGHT
DIFFICULTY OF EXERCISE
EQUILIBRIUM STRATEGY



1. ATTAIN

1. DO YOU USE YOUR HANDS FOR SUPPORT? FOR REFERENCING?
2. DO YOU SHIFT/TRANSFER YOUR WEIGHT OVER YOUR BASE OF SUPPORT?
3. ARE YOU MOVING ENOUGH? TOO LITTLE? TOO FAST? TOO SLOW? OR JUST RIGHT?

2. MAINTAIN

1. ARE YOU ABLE TO MAINTAIN **AT THE PROPER** BALANCE TRAINING DIFFICULTY?
2. IF IT'S TOO HARD, YOU MAY BE AT RISK FOR **INJURY OR DECREASE** CONFIDENCE IN THE ACTIVITY.
3. IF IT'S TOO EASY, YOU MAY NOT RECEIVE BENEFITS OF THE EXERCISE.

3. RECOVER

1. ARE YOU ABLE TO USE THE APPROPRIATE ANKLE, HIP OR STEPPING STRATEGY BASED ON THE AMOUNT OF PERTURBATION/BALANCE CHALLENGE?
2. DO YOU HAVE A STARTLE RESPONSE OR REACH AND TRY TO GRASP **SOMETHING NEARBY?**