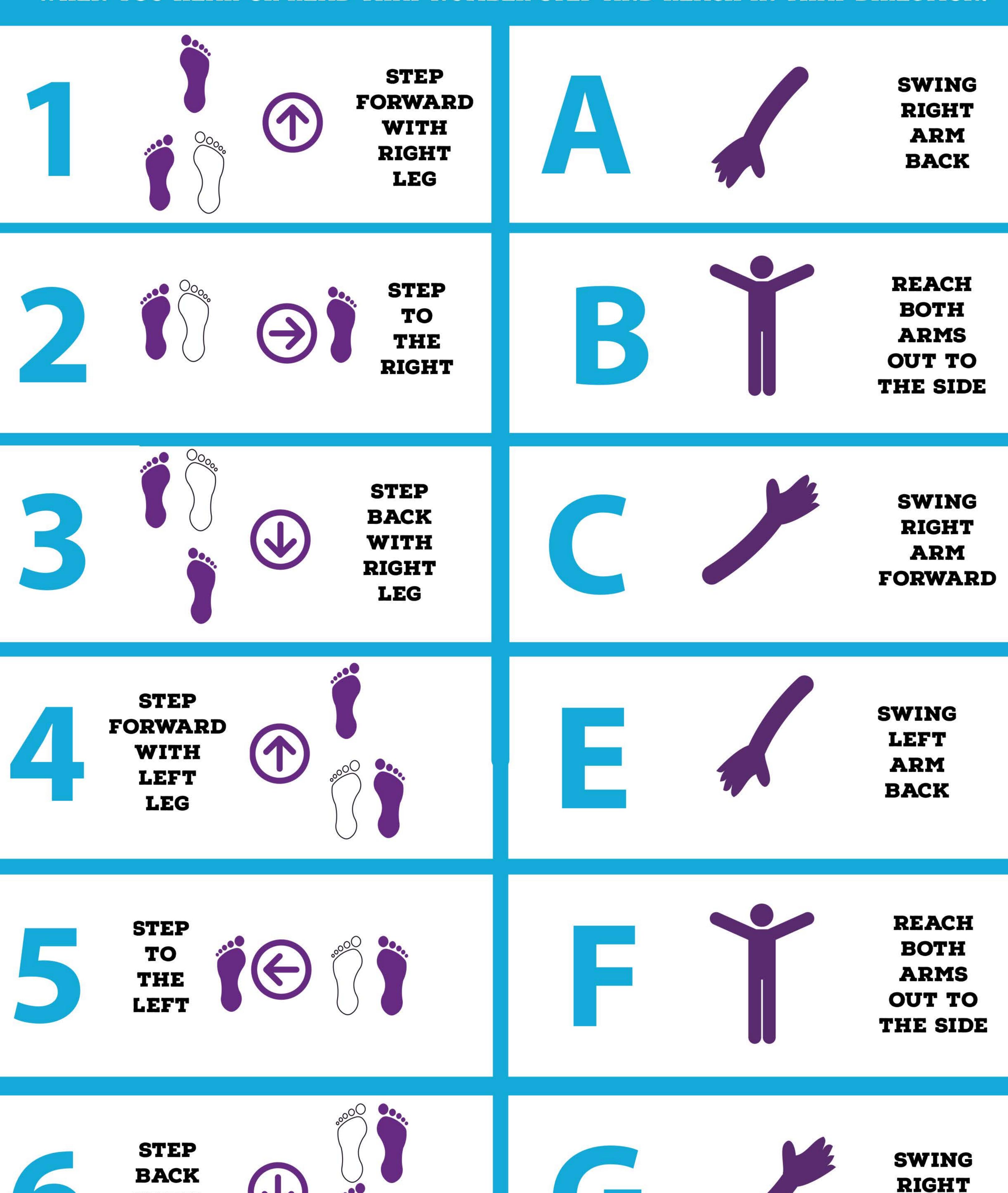
STEP TRAINING FOR BETTER BALANCE

MEMORIZE THE STEP AND ARM POSITIONS THAT ARE ASSIGNED TO EACH NUMBER. WHEN YOU HEAR OR READ THAT NUMBER STEP AND REACH IN THAT DIRECTION.



WITH

LEFT

LEG

ARM

FORWARD