

LEARN BY DOING

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



MOVEMENT BREAK - STAND ON ONE FOOT

1

Try from different starting positions

- Feet close together
- Feet wide apart
- In a staggered position

2

Change the position of your lifted leg

- Lift the leg in front, to the side and to the back
- Change the height of your leg
- Keep the knee bent and then straight

3

Change your visual system

- Move your eyes looking at different objects in the room
- Follow your finger with your eyes in a figure 8.
- Close your eyes
- Turn your head (look left/right, up/down)

4

Try standing on different surfaces

- Firm ground
- Compliant (foam, pillow)
- Incline