

# FIND YOUR BALANCE

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In addition to chiropractic adjustments, there are activities that promote balance and don't require any special equipment.



## National Institute of Health

According to the *National Institutes of Health*, broken hips account for up to 300,000 hospital admissions per year, many of which are directly attributable to falling.

1) Begin by standing on one leg for 30 seconds and then shift to the other side. Practice doing this until you are able to consistently stand for 30 seconds on each leg without losing your balance.

2) Stand on one leg with your arms crossed for 30 seconds and then do the same while standing on the other leg. Crossing the arms adds complexity to the amount of information going to the brain from sensors in the muscles and joints.

3) Stand on one leg with your eyes closed for 30 seconds (Be sure you are in an area where you can support yourself if needed. Stand next to a doorway or have a chair available to reach out to for support). Repeat with the other side. Closing the eyes increases difficulty of the exercise by removing one of the systems of balance.

4) Stand on one leg, close your eyes and cross your arms for 30 seconds. Repeat with the other side.