

Balance-Eyes Closed



- Stand next to a chair, table or wall.
- Lift one foot up and balance while holding on
- Close your eyes, and balance while holding on.
- As you become more confident, try beginning to let go and hold on with just one finger.
- As you become even more confident, let go of the finger, for longer periods of time.
- Try to practice for 2 minutes on each side.
- Goal: Minimum 30 seconds with right foot on floor without holding on.