



Improve your Balance: Standing on One Leg Using a Chair

In this video, you'll learn how to do an exercise to improve your balance. Before doing this exercise, please consult your physical ability with your doctor

The aim of this exercise is to improve the stability of your ankles which is vital for keeping your balance and preventing falls

For this exercise, you'll need a chair

This exercise can be divided into two steps: getting into position, and the movement itself

Firstly, getting into position

Position yourself standing upright behind a chair with bare feet for a better grip on the floor

Move your legs shoulder-width apart

Stretch out your spine to make yourself as tall as possible

Raise your head up, keeping your chin tucked in and looking straight in front of you

To avoid arching your back, tense your abdominal muscles and buttocks

Secondly, the movement itself

Hold onto the back of the chair for support

Take a deep breath in, then, whilst exhaling, gently raise one of your feet up from the ground so that you're balancing on one leg

Let go of the back of the chair with the opposite hand to your raised foot

If you feel stable enough, let go with your other hand and hold your arms out to both sides to keep your balance

Hold this position for two seconds, then take hold of the back of the chair again before lowering your foot back down to the ground

Repeat this once more

Keep your gaze fixed on a stationary point in the distance for better balance, and don't forget to tense your abdominal muscles and buttocks

Then, do the same thing with your other leg

With time and practice, you'll be able to increase the amount of time you can stand on one leg for

By combining balancing exercises with ones to improve muscle strength and flexibility, you'll improve your posture and balance

Over to you!

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