Well Balanced

Simple exercises can help seniors stay mobile.

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Stand tall with your feet hip-width apart for all movements. Hold on to a wall or sturdy piece of furniture for balance.

Foot taps. Slowly raise one foot to tap a step—preferably the bottom step of a staircase—in front of you. Return your foot to the floor. Do 15 to 20 taps, then repeat the move on the other foot.

Head rotations. Tilt your head slowly from side to side and then up and down for 30 seconds and repeat.

Standing marches. Lift one leg so your thigh is parallel to the floor. Resume your starting stance. Repeat with the other leg. Complete 10 marches on each leg.

Sit-to-stands. Place a sturdy chair behind you and then sink into a sitting position until the back of your thighs just touches the chair's edge. Stand and repeat.

Single-leg stands. Lift your foot about one inch off the floor and hold for 15 seconds. Repeat with the other leg. If you've already had a fall, consult your doctor before beginning this workout.

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http://beta.docker.realhealthmag.com/article/balanced-exercises-seniors