

## **BRAIN BALANCE**

### **Exercises to Include in Your At-Home Routine**

- Tandem Stand
- Heel Raises
- Single Leg Balance
- Standing Cross Crawl
- Tai Chi Walk

To increase the balance challenge, perform any of the above with eyes closed. Then progress to the balance equipment

### **Incorporating Brain Balance into Your Daily Life**

- Tandem stand and/or single leg balance while doing standing activities. Examples: brushing teeth, standing in line, or washing the dishes.
- Make sitting **active**. Try sitting on a stability ball or dyna-disc. Stand, stretch and move every hour.
- Try eating, brushing your teeth, picking items up, opening doors, etc. with your non-dominant hand.
- When going up or down stairs, remember to lead with your non-dominant leg.
- Variety is the spice of life. Consider including exercise formats such as Dance, Feldenkrais, Pilates, Tai Chi, and Yoga into your schedule.

*"Stand like a mountain, flow like water" – Chinese Proverb*

**For More Information: [braingym.org](http://braingym.org)**

**To Purchase Equipment: [performbetter.com](http://performbetter.com)**