



CLASS 2 | BALANCING ACT

Worksheets

TBH Balancing Act Exercises. Have your class try these simple balance exercises together.

Balance Training | Mayo Clinic. The exercises on this worksheet are adapted from the Mayo Clinic's recommendations for improving balance. They are standing exercises that incorporate hand weights and can be made more difficult with the use of a Bosu balance or a pillow. Use this worksheet as a handout for the class to try the exercises at home.

Resources

[Age UK: Strength and Balance Exercises](#)

This pamphlet was issued by Age UK and offers an alternative set of balance and strength training exercises using a chair as support. These exercises may be more suitable for people with less mobility or stability.

[Bottom Line Health: Catch Your Balance Problem Before It's Too Late](#)

This article from a leading self-help journal offers great tips and simple balance exercises to share with your class as a handout.

Additional Materials

- [Bosu Balance Trainer](#)
- [Light Hand Weights](#)