

WAYS TO IMPROVE BALANCE

1. Change It Up

Getting dressed in the morning is one of those common everyday tasks we don't think about much while we're doing it. Change it up a bit by standing up while you dress and put on your pants. This helps improve your balance because it forces you to stand on one leg while you move other parts of your body.

This one simple action can help you avoid trips and falls by training your body to react and recover better when you trip or step onto an uneven surface.

2. Bonus Tip

Here's another suggestion for those of you who are little more advanced. Once you've become the master of standing while putting on your pants, step up your game a bit by putting on your shoes while standing. It's another excellent way to strengthen your legs and improve balance.

3. Balance On One Leg While Doing the Dishes

While I'm sure you burst with giddiness every time you wash the dishes, Here's an idea to make things even more exciting while improving your balance at the same time. Try standing on one leg while doing the dishes and avoid letting your other foot touch the floor. Every 30 seconds, alternate and switch to your other leg.

Doing this routinely will help you gain significant strength in your legs and improve neuromuscular function.

4. Stand On A Soft Spongy Surface

It's a lot trickier to balance on a Spongy surface when compared to solid ones. Take a couch cushion and try standing on it while watching TV or performing some upper-body stretching exercises.

To prevent injury, make certain the area where you place the cushion is safe, the cushion is not slipping or slippery, and stand next to a wall or other steady object that you can immediately hold onto if you become unsteady.

5. Consult Your Doctor

It might sound obvious, but if you are having continual problems with maintaining balance, it is recommended you consult with a doctor or physical therapist.

Poor balance sometimes comes as a result of problems in your body. If you are dealing with chronic pain, you may try and compensate to avoid discomfort. Doing this could potentially put your entire body out of balance.

6. Put THIS under your foot before 10 AM

Try this Harvard doctor's 10-sec fall prevention ritual...

To help avoid surgery and months of rehab:

- 1) Sit on your couch...
- 2) Put this under your foot...

And you'll revive the 'dead' foot nerve causing 97% of trips and falls in people over 60.

Click the following link to learn more...

[Do this fall-prevention ritual before 10 AM](#)

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