# Balance exercises for adults 60+

*3 times a week, next to a sturdy chair*

- [ ] Sit-to-stand without using your hands: 8–10
- [ ] Heel raises: 10–15
- [ ] Single-leg stand holding a chair: 10–20 sec each side
- [ ] Heel-to-toe walk along a wall: 10 steps
- [ ] Side leg raises: 10 each side
- [ ] Marching in place with high knees: 1 min

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|---|
| **Week 1** | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **Week 2** | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **Week 3** | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **Week 4** | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Exercise in supportive shoes on a non-slip floor. Stop if you feel dizzy. Fall-prevention resources: cdc.gov/steadi.