

Balance Walk

- Start by raising your arms up to shoulder height.
- Focus on one point to maintain steadiness as you walk.
- Step forward by placing your heel just in front of the foot you moved forward.
- Repeat this action for 20 steps.

Bag Leg Raises

- Grip a sturdy chair for balance.
- Slowly breathe in before beginning this exercise.
- Breathe out slowly, as you lift one without bending your knee or pointing your toes.
- Refrain from leaning forward.
- Hold this position for a few seconds.
- Breathe in when lowering your leg.
- Repeat this action 10-15 times.
- Do the same motion 10-15 times with the opposite leg now.

Side Leg Raises

- Again, grip a chair to steady yourself.
- Stand with your feet slightly apart.
- Slowly breathe in before exercising.
- Keep your back straight and toes pointing forward.
- Now breathe out while lifting one leg out to the side.
- Slightly bend the leg you are standing on.
- Repeat this action 10-15 times.
- Do the same with the opposite leg.
- Repeat the action 10-15 times.

Tree Pose

- Start in a standing position.
- Shift your weight onto your left foot.
- Position your right foot to the side with your heel lifted.
- You could place the sole of your foot against your ankle, shin, or thigh, instead.
- Hold for up to 1 minute.
- Do the same action with the opposite side.

Tightrope Walk

- Lifting your arms, extend them out to your sides.
- Walk a straight line all while focusing on a fixed point off in the distance.

- Pause with your foot in the air for 2-3 with each step.
- Take 20-30 steps total.

Rock The Boat

- Stand while keeping your feet hip-distance apart.
- Lift and extend your arms out to the sides.
- Lift your left foot off the floor.
- Bend your knee and bring heel towards your bottom.
- Hold the pose for 30 seconds.
- Do the same action on the opposite side.
- Do sets of 3 on each side.

Single Foot Balance

- You will need a [balance board](#) for this exercise.
- Stand with your right foot in the center of the balance board.
- Raise your left foot and knee as high as you can.
- Hold for 30 seconds.
- Repeat on the opposite side.
- Do both sides 2-3 times.