

# Movements to Improve Balance

Falls are a common cause of injuries in those over the age of 65. Luckily, your balance can be improved by incorporating the following movements into your daily routine. It is also advised to position yourself by a wall or countertop for safety when doing these exercises.



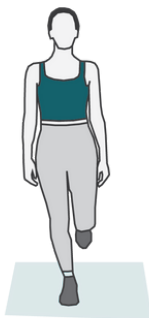
**Standing March**



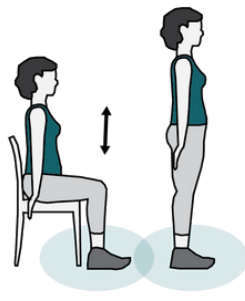
**Standing Kicks**



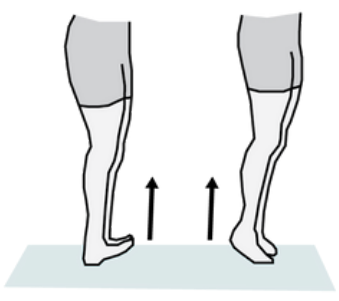
**Sidestepping**



**I-Leg Stand**



**Sit to Stand**



**Heel to Toe**