

Balance And Body Movement Level One Worksheet

1.



SEATED MARCHING

GOAL: Improve coordination and hip strength.

1. Sit upright in a sturdy chair with feet flat on the floor.
2. Lift your right knee toward your chest, then slowly lower it.
3. Repeat with the left leg, as if marching in place.

TIP: Keep your core gently engaged and avoid leaning back.

2.



RESISTED KNEE LIFT

GOAL: Engage leg and core muscles and improve gait alignment.

1. Sit tall with your torso tight, knees bent and feet flat on floor.
2. Place hands on thigh, press down gently and lift leg up.
3. Do 2 sets of 10 reps with each leg.

MODIFICATION: No resistance—hands at chest and just lift leg.

3.



TOE TAPS

GOAL: Improve foot strength and ankle flexibility.

1. Sit tall with your torso tight, knees bent, and feet flat on the floor.
2. Lift leg up and gently tap the floor with your raised toe.
3. Return the foot flat to the floor, and repeat with the other toe.
4. Do 2 sets of 10–20 reps with each leg.

NEXT LEVEL: Move slowly to focus on adding leg strength.

4.



ANKLE PUMPS

Goal: Improve circulation and lower limb strength/stability.

1. Sit tall with your torso tight and roll from heel to toe.
2. Keep chest up.
3. Do 2 sets of 20 reps with both legs.

TIP: Flex toes up toward knees as much as possible; vary pumping speed within set.

5.



SINGLE LEG STANCE

GOAL: Improve balance and leg strength.

1. Start with holding a chair or counter.
2. Lift 1 leg up and try to let go of chair.
3. If needed, you can hold on with 1 hand or 1 finger.
4. Switch feet and repeat for 20 seconds.

ADVANCED: Shift all weight onto 1 leg without holding on.

6.



TANDEM STANCE

GOAL: Improves balance and strength and enhances reaction.

1. Start with holding onto chair.
 2. Heel to toe position with toe of one foot touching heel of other.
 3. Stand tall, look forward, and try to balance using 1 finger on chair for 20 seconds.
 4. Switch feet and repeat for 20 seconds.
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Your long-term health depends on balance & strength.

Recent scientific research has found that a person's ability to sit and rise from the floor without support is a strong predictor of longevity and low fall risk. Getting up and down from the floor is one of the most powerful and practical fall prevention exercises.

Want a **FREE** ElderFIT Trainer Consultation?

Ask us how you can:

- Regain strength and flexibility
 - Decrease ankle, knee and hip pain
 - Recover from an injury faster
 - Lower incidence of chronic disease
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Disclaimer: ElderFIT is not responsible or liable for any injuries or health issues that may occur while performing these exercises at the workshop or at home. It is strongly recommended to consult with a qualified personal trainer or healthcare professional before beginning any new exercise routine, especially stand-up or balance-based movements.