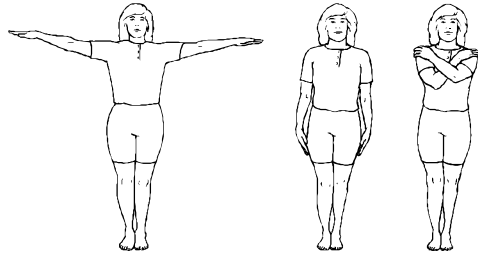


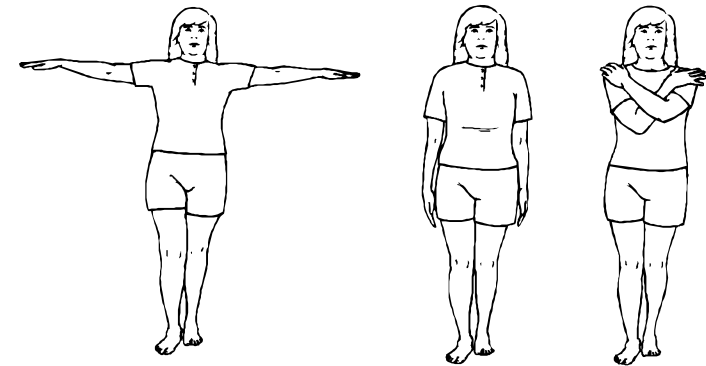
**STRENGTHENING THROUGH BALANCE WORK -  
PROGRESSIVELY NARROWING YOUR BASE OF  
SUPPORT REQUIRES AUTOMATIC USE OF THE FEET  
AND ANKLE MUSCLES!**



With feet together and arms in one of the positions shown (they get progressively harder from left to right), look straight ahead at a stationary object. Stand next to a sturdy support or have someone next to you if necessary.

Hold 30 seconds.

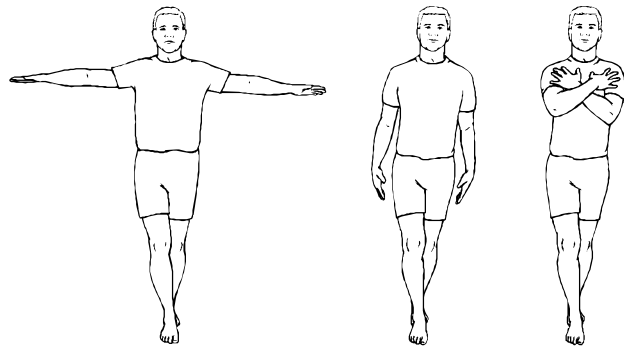
**STRENGTHENING THROUGH BALANCE WORK**



With one foot partially in front of the other and arms in one of the positions shown, look straight ahead at a stationary object. Stand near a sturdy support or have someone next to you if necessary.

Hold 30 seconds on each side.

**STRENGTHENING THROUGH BALANCE WORK**

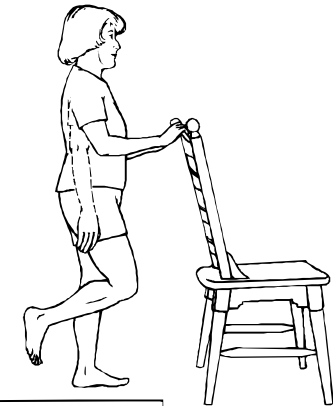


With one foot directly in front of the other, and arms in one of the positions shown, look straight ahead at a stationary object. Stand near a sturdy support or have someone next to you if necessary.

Hold 30 seconds on each side.

**STRENGTHENING THROUGH BALANCE WORK**

Holding on to support, lift one leg up while maintaining balance over single leg. Progress to removing hands from support surface for longer periods of time (try to work up to 15 or 30 seconds or more). If this becomes easy, you can try it standing on a cushion or pillow.



Repeat on the other side.

