

Balance & Fall Prevention

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Warm Up Balance Lower Body Strength Balance Yoga/Tai Chi Cool Down	Warm Up Balance Upper Body Strength Balance Yoga/Tai Chi Cool Down	Warm UP Functional Strength Balance Core Flexibility Cool Down	Warm Up Balance Lower Body Strength Balance Yoga/Tai Chi Cool Down
Warm UP Functional Strength Balance Core Flexibility Cool Down	Warm Up Balance Lower Body Strength Balance Flexibility Cool Down	Warm Up Balance Upper Body Strength Balance Yoga/Tai Chi Cool Down	Warm UP Functional Strength Balance Core Flexibility Cool Down
Warm Up Balance Upper Body Strength Balance Yoga/Tai Chi Cool Down	Warm UP Functional Strength Balance Core Yoga/Tai Chi Cool Down	Warm Up Balance Lower Body Strength Balance Flexibility Cool Down	Warm Up Balance Upper Body Strength Balance Yoga/Tai Chi Cool Down



Tips for success!

- Always modify exercises when needed
- Consistency is the key to any improvements. Show up at least 3X's a week
- Use precaution with all exercises!



If you are having frequent falls at home, please seek guidance from Physical Therapy prior to beginning this program.

For one on one Physical Therapy or in-person group fitness classes to improve your balance please call us at 585-259-0782