

The Balance Routine

Train the system that keeps you upright, not just your legs.

3SYSTEMS BEHIND
STEADY BALANCE

1 Train Balance on Purpose, Not by Accident

Strength work does not train steadiness.

- ☐ Stand on one foot at the counter, 30 seconds each side.
- ☐ Walk heel to toe in a line, 10 to 20 steps.
- ☐ Try a beginner tai chi or yoga routine a few times a week.

2 Keep Strength in the Plan, Just Not as the Whole Plan

Strong legs still help you catch yourself.

- ☐ Lift or use resistance bands two or more days a week.
- ☐ Aim for about 150 minutes of activity a week.
- ☐ Give balance its own time, separate from strength.

3 Fix the Quiet Triggers Around You

Most falls come from several small factors.

- ☐ Have your eyes and hearing checked on schedule.
- ☐ Stand up slowly so your blood pressure does not dip.
- ☐ Ask your provider about medicines that cause dizziness.
- ☐ Clear rugs, cords and clutter from your walkways.

4 Stand Up Slowly and Clear Trip Hazards

Two free fixes that cut your fall risk today.

- ☐ Rise in stages: sit, then stand, then walk.
- ☐ Add grab bars and good lighting where you move at night.
- ☐ Tell your doctor about any fall, even without an injury.

FROM AGELESS COACH

One study, translated, every week

No hype and no product pitch, just the evidence that helps you age strong.

Read Ageless Coach

Free to read at agelesscoach.com