

## Standing Balance 1 of 5

Stand against wall - Spread toes out  
Walk feet closer to the wall  
Press your weight away from the wall

Shift towards toes  
Shift side to side  
Shift in a circular pattern

Stagger Legs - Shift forward and back  
Legs apart - Shift side to side  
Stagger legs on diagonal - Shift back and forth

Eyes Closed

- Shift back and forth
- Shift side to side
- Shift in a circular pattern