

## **WATCH YOUR STEP!**

### **Balance and Strength**

Balance and leg strength are important to prevent trips and falls, and to lessen the chance of injury if you do trip or fall.

#### **Balance Test – One Leg Stand**

Do this test in flat shoes or bare feet. Stand near a solid support, such as a kitchen counter or a table. You may want to rest your fingertips on the support to start.

Lift one foot off the floor, bending your knee. Practice twice with each leg, and then try it without using the support. When you are ready, time yourself. Your goal is to stand on each leg for 10 seconds, without using support. Start timing when you lift your foot off the floor. Stop when your foot touches the floor again, or when either hand touches the support.

#### **Strength Test – Sit to Stand**

Sit on a straight chair with your feet flat on the floor. Stand up and sit down without using your hands for support. Time how long it takes you to stand up and sit down three times.

#### **Improve Your Score**

Try increasing your regular amount of exercise for the next month. Use the Kitchen Sink exercises, or other exercises of your choice. Begin gradually and do more as you feel stronger. Do the tests again after a month and note any improvement.

#### **Exercise**

The best way to improve your balance and strength is to exercise every day.

The Kitchen Sink exercises are designed so you can fit them easily into your daily routine.

If you have difficulty standing on one leg for more than 2 – 3 seconds, start with the easier exercises and progress at your level of comfort.