

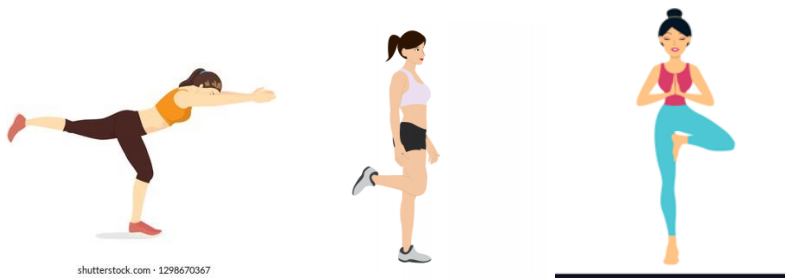
TIPS FOR IMPROVING BALANCE

Balance is improved with increased lower body and core strength, enhanced spatial awareness, and better-quality vision. Here are some things you can do on your own!

Strengthening your core and lower body: Try these moves 3X per week. 10 reps (each side where applicable) strength is a good start to help improve your balance. Perform 1 -2 rounds.



Increased spatial awareness: Also known as proprioception, spatial awareness is “feeling” where you are. For example, mixed terrain on a hike, your body “reacts” to protect your joints and keep you from falling/injury. Some techniques to improve proprioception are single leg balance work and stretching or foam rolling your feet. Try these balance moves! 15- 30 seconds each, both sides



Foot Foam Rolling – This reignites neural pathways, addresses tight fascia which improves proprioception.



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Vision is the most important sense in improving balance. The Manatee YourChoice Health Plan includes annual routine eye exams (including eye refraction). Follow the [link](#) to learn about your coverage and find participating providers:

