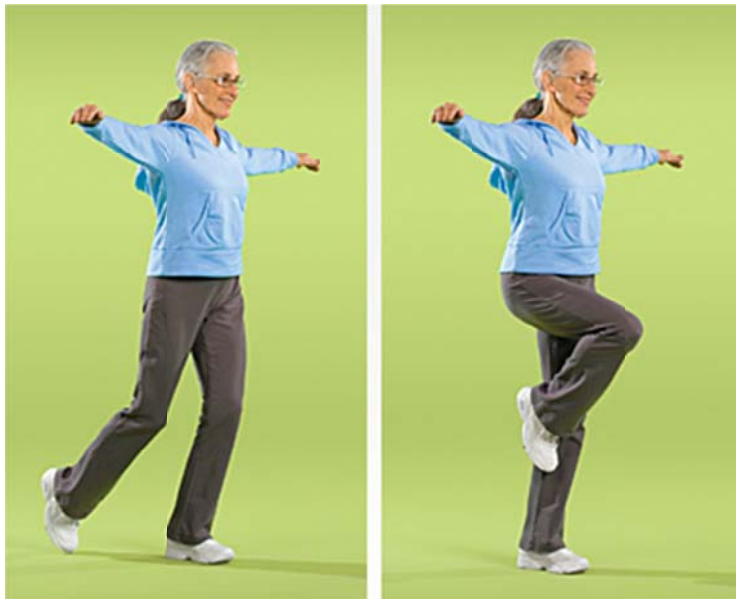




IN *The Villages*[®]
America's Healthiest Hometown

Balance Walk



Good balance helps you walk safely and avoid tripping and falling over objects in your way.

1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps, alternating legs.

Tip: As you progress, try looking from side to side as you walk, but skip this step if you have inner ear problems.

Source: Go4Life from the National Institute on Aging at the National Institute of Health

<http://go4life.niapublications.org>