POSTURAL/BALANCE
Mountain Pose

Stand as tall as possible with feet together in parallel and arms straight by sides. To modify, stand with feet shoulder width apart and chair in front of body for support.

Hold for 20-30 seconds.
Repeat one or more times.

ANKLE: ANKLE ROTATORS
Ankle Circles

Standing with feet in shoes or barefoot, circle one foot clockwise and then counterclockwise direction.

Complete 8-15 repetitions.
Repeat with other foot.
Do 1-3 sets.

LEGGS: CALVES AND SHINS
Balancing Act

Place hands against wall or on back of chair. Start in a standing position. Rise up on toes and slowly lower back to ground. Then roll back on heels lifting toes off the ground then slowly lower back to ground.

Complete 8-15 repetitions.
Do 1-3 sets.