

BALANCE TIPS FROM ALISON FOR THE NEW YEAR

Balance begins in your core. The core is more than just the abdomen; strong hips, ankles and gluteal muscles are also critical to good balance. Persons with weak core muscles are more prone to falls, decreased mobility in the spine, slower reflexes and lower back injuries. Balance exercises can prevent everyday injuries through core strength.

Good balance can also support mental clarity and ease anxiety. Researchers concluded that people who took part in balance exercises had greater cognitive gains than those who did not. These exercises also ease anxiety by encouraging the individual to remain in the present moment.

Here are a few:

Be a Tree- Stand on one foot for at least 30 seconds, and then switch.

Have a Ball- Sit on a stability ball with your feet planted flat on the floor, shoulder-width apart. Lift and extend one leg at a time, while simultaneously raising your opposing arm to shoulder-level.

Leg Swing- Start by standing with your arms at your sides and feet shoulder-width apart. Lift one leg to a 45-degree angle and swing it back and forth at least 10 times before switching. R

Drinking Bird- Begin by standing on one leg with lifted leg at a 45-degree angle. Bending at the waist, lean forward to touch the ground. Then, with one hand touch the ground.

One set of the exercises listed above will take about 5 minutes. If you try to dedicate 5-15 minutes per day, or per week, to this routine and you could see the benefits in less than 2 weeks.

For more great balance exercises, you may want to try a Balance Workshop or register for the Semi Private Balance Series.