



Balance Exercises Quick-Reference

A safe, step-by-step routine -- no equipment required

Seated warm-up, sit-to-stands, standing balance, walking drills, and a simple weekly plan -- print and follow along.

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Before you start

Always keep a sturdy chair or counter within arm's reach. Have someone nearby for standing exercises at first. Wear firm, non-slip shoes (never socks on smooth flooring). Clear rugs and clutter; make sure the space is well lit. Stop immediately for dizziness, lightheadedness, or chest/joint pain. Get medical clearance if you've had a recent fall.

Warm Up: Seated Exercises

Seated marching

Lift one knee, lower it, then the other, like marching in place. 10-20 lifts per leg.

Ankle circles and pumps

Lift one foot slightly, circle each way, then point and flex. 10 each way, each foot.

Seated leg extensions

Straighten one knee to lift the foot, hold, lower slowly. 10 per leg.



The Most Valuable Move: Sit-to-Stands

1

Set up

Sit toward the front of a sturdy chair, feet flat and slightly back under the knees.

2

Stand with control

Lean the chest slightly forward ("nose over toes"), push up through the heels to standing.

3

Sit with control

Reach the hips back and lower slowly and quietly to the seat -- no dropping the last few inches.

4

Build up gradually

Start with 5 and rest; work toward 2-3 sets of 10 over the weeks.

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Standing balance, walking drills, and a weekly plan

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Standing Balance (hold your support to begin)

Standing weight shifts

Feet hip-width apart, slowly shift weight onto one foot, hold, return to center, then the other side.

Standing marching

Lift one knee to a comfortable height, lower, then the other. Slow and controlled.

Heel-to-toe stand

One foot directly in front of the other, heel touching toe. Build to 10-30 seconds, switch feet.

Single-leg stand

Lift one foot slightly off the floor, balance on the other. Start with a few seconds, build up.

Heel and toe raises

Rise onto the balls of the feet, lower; then rock back onto the heels lifting the toes.



Walking Balance Drills (along a wall or counter)

Heel-to-toe walking

Walk a straight line placing the heel of one foot directly in front of the toes of the other.

Walking with head turns

Walk slowly and turn your head left and right on cue.

Side-stepping

Step sideways along the counter, leading with one foot, bringing the other to meet it.



A Simple Weekly Plan

Day	Focus	Roughly
Mon / Wed / Fri	Seated warm-up + sit-to-stands + standing balance	10-15 min
Tue / Thu	Seated warm-up + walking drills	10 min
Sat	Gentle full routine at an easy pace	10-15 min
Sun	Rest, or a short easy walk	—

Tip: Tie the routine to an existing habit — right after breakfast, or during a favourite show.