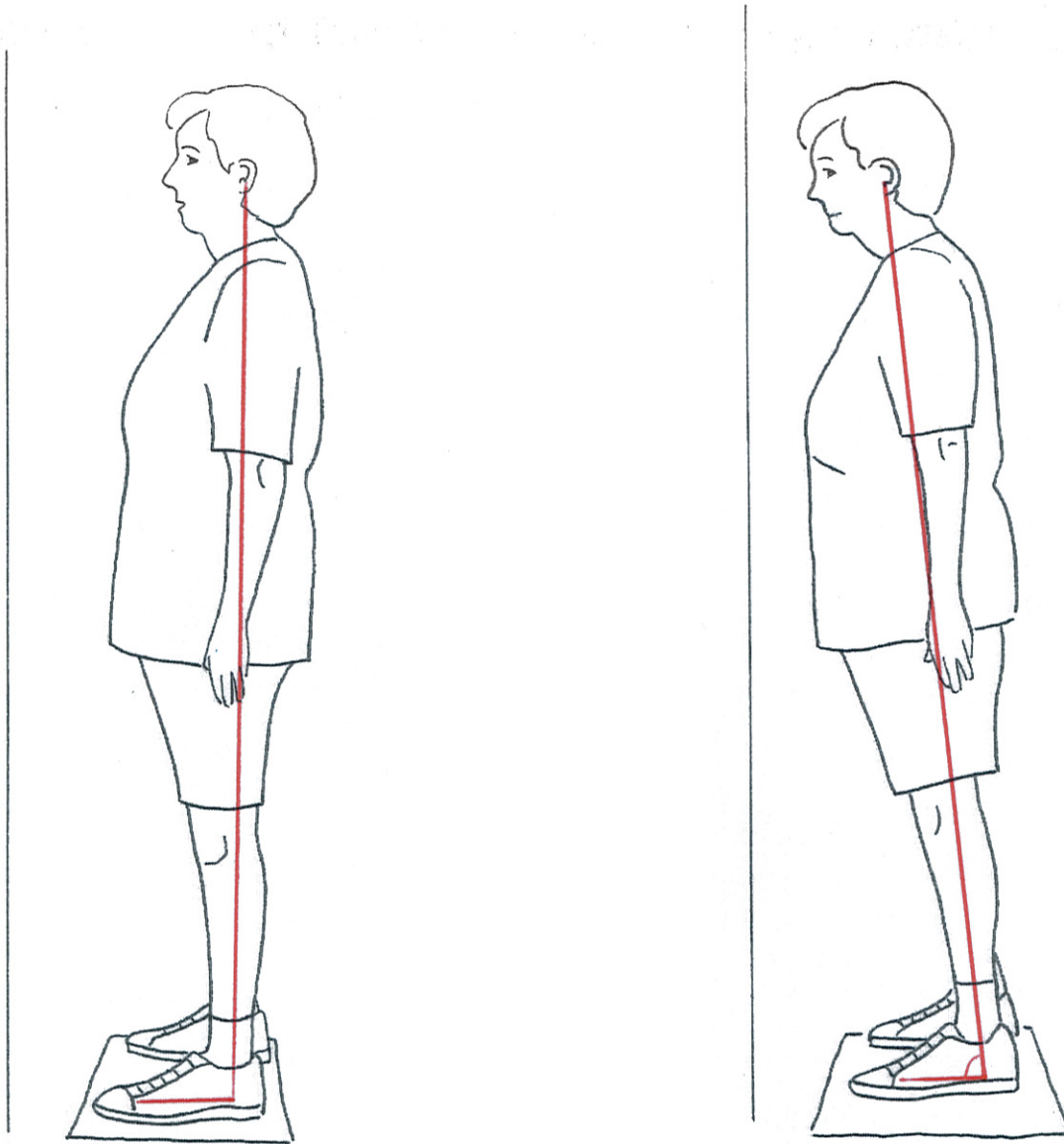


Forward & Backward Sway- Ankle focus



Start by standing facing a wall. Focus your thoughts on your feet. Stand tall. Shift your weight forward onto the forefoot and allow your trunk and head to move toward the wall. Do not allow your hips or spine to bend! When you feel pressure on the forefoot, pause. Do not allow the heels to lift off the floor. Now, reverse the process and shift your weight toward the heel, until you are standing erect again. Repeat the forward and backward sway. It is a small movement, but your first defense in regaining balance.

*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin