



## Balance Pads/ Mats

This soft surface gives away under your feet and provides a balancing challenge. Prepare your best standing posture- Shoulders back and down, ribs lifted, shoulders, hip and ankles aligned. Step onto the mat and walk your normal stride length. You may need to focus your eyes on the wall. If this is too easy, try different arm patterns or carry a tray in your hands.

**WHY?** Forces you to rely on eyes and vestibular (inner ear) senses.