



ABLE Bodies Balance Training

## Clock Stepping

Imagine that you are standing on the centre of a clock face and holding onto the back of a chair. Sticky mats are placed at the 12, 3, and 6 o'clock position. Stand tall and practice stepping one foot onto the 12 o'clock position. Return that foot so that both feet to the centre. Next try the 3 o'clock position, Return to centre. Try the 6 o'clock position.

**Why?** Daily living happens in all directions. Falls can happen in all directions. This will strengthen your legs and requires **BALANCE RECOVERY** from multiple directions.