

# Improving Your Balance as You Age

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How to stay steady, strong, and prevent falls

## Why Balance Matters

As we get older, our balance naturally gets worse, which increases the risk of falling. But the good news is: It's never too late to improve your balance! Even in your 80s or 90s, you can build better balance with the right exercises and habits.

## Try This: The Clock Exercise

This easy exercise helps train your balance and coordination.

1. Stand with both feet flat on the floor.
2. Imagine you're in the middle of a clock face.
3. Slowly lift one foot and point your toe to:
  - 3 o'clock
  - 6 o'clock
  - 9 o'clock
4. Return your foot to the center after each point.
5. Repeat using the other leg.

Tip: This exercise strengthens your body and also activates your brain — a key part of staying balanced.

## Other Activities That Help

These all build strength, flexibility, and body awareness.

- Yoga for flexibility and balance.



- Tai Chi to improve coordination



- Pilates to improve posture



- Strength training to stay strong and steady



## Make Your Home Safer



Keep walkways clear and well-lit.



Store items within easy reach.



Install grab bars in bathrooms.



Use non-slip mats on tile and stairs



Ensure handrails are sturdy.



Store commonly used items within easy reach.

Talk to Your Doctor If You Notice:

- Your balance or gait (the way you walk) is worsening
- You're feeling unsteady
- You've had a fall recently

A physical therapist can help evaluate your walking and recommend safe exercises or equipment like a cane or walker.

## Stay Proactive

Don't wait for a fall to happen. Being proactive with your health can prevent injuries before they start.

Keep moving, stay strong, and ask for help when you need it. Your safety matters!