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Improving Your Balance as You Age

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!