

## **Balancing For Life**

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Have you tried to balance on one foot lately? Give it a try. How did you do? The ability to balance decreases as you age. A young person can likely balance on one foot indefinitely. As you age, this becomes increasingly difficult.

Practicing balancing regularly can help you to maintain and even increase your ability to balance. A simple way to incorporate this is to stand on one leg as you brush your teeth or while combing your hair. You do both of these things daily, so now practice balancing while you do them.

Flexibility is very important to maintaining your balance. Stretching out the back of your lower leg regularly can also help you maintain your balance. Try to do this while standing to wash dishes.

On average you should be able to stand on one leg for 30 seconds. If that is easy for you, try it with your eyes closed. Maintaining good balance is important to prevent falls. Therefore, practice balancing and you will be less likely to fall as you age.

Physical therapists can provide further instruction in balance exercises and overall fitness. Call **WPTI** today to schedule an evaluation.