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## Narrow Stance with Counter Support



### Setup

Begin in a standing upright position with your feet together and your hands resting on a counter.

### Movement

Keep your eyes open and maintain your balance in this position.

### Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

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## Standing Tandem Balance with Counter Support



### Setup

Begin in a standing upright position with your hands resting on a counter.

### Movement

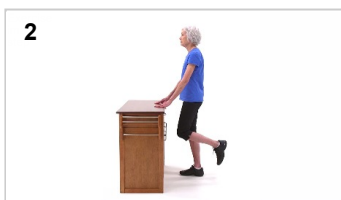
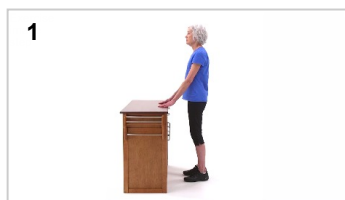
Place one foot directly behind the other, so that you are in a heel-to-toe position. Maintain your balance in this position.

### Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

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## Standing Single Leg Stance with Counter Support



### Setup

Begin in a standing upright position with your hands resting on a counter.

### Movement

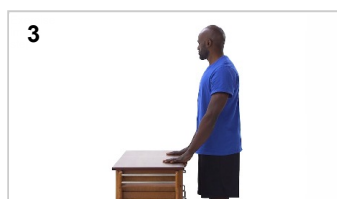
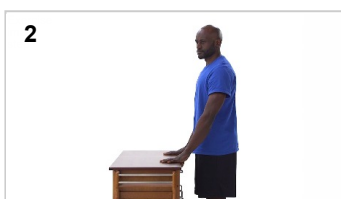
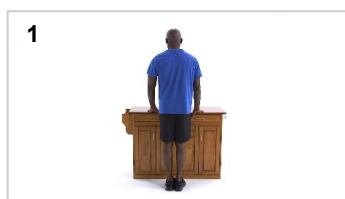
Lift one foot off the ground and maintain your balance in this position.

### Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

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## Narrow Stance with Head Rotations and Counter Support



### Setup

Begin standing upright with your feet together and your hands resting on a counter.

### Movement

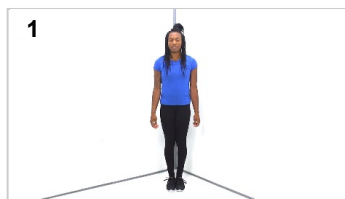
Keep your eyes open and slowly rotate your head from side to side.

### Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

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## Standing Near Stance in Corner with Eyes Closed



### Setup

Begin standing with your back in a corner and your feet close together.

### Movement

Close your eyes and hold this position. Use the wall to regain your balance if needed.

### Tip

Gently pull your belly button in to engage your core and do not hold your breath during the exercise.

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## Tandem Stance with Eyes Closed in Corner



### Setup

Begin standing with your arms at your sides.

### Movement

Place one foot directly in front of the other, so you are standing in a heel-to-toe position. Close your eyes and maintain your balance in this stance.

### Tip

Try not to move your arms away from your body and make sure to keep your back straight.

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## Side to Side Weight Shift with Overhead Reach and Counter Support



### Setup

Begin in a standing upright position with your feet shoulder width apart and your hands resting on a counter.

### Movement

Shift your weight to one side as you reach your same side arm overhead. Repeat to the opposite side.

### Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.