



The 5 Gentle Balance Moves I Do at Home

THE INDEPENDENCE PLAN · FOR ADULTS 55+

Read this first. It matters more than the moves.

I am not a doctor or a physical therapist. This is one person's personal practice, shared for general information. It is not medical, physical therapy, or fitness advice, and none of it is built around your body, your joints, your conditions, or your medications.

Before you start, talk to your doctor, and ask whether a visit to a physical therapist is worth it. A physical therapist can watch you move once and tell you more, specifically about you, than any page can. If you have had a fall, or you have dizziness, joint problems, a heart condition, or anything that makes balance a real question, do not start on your own. Ask first.

Every move is done within arm's reach of something solid and immovable — a kitchen counter, a heavy table, a wall. Never a chair that can slide or furniture that tips. Keep a hand on it the whole time. The moment you feel dizzy, unsteady, or any pain, stop and sit down. There is no version of this worth a fall in order to practice not falling.

These are gentle on purpose. None of them should feel like effort or strain. If one does, that is a sign to stop and ask a professional, not to push through. You are not trying to achieve anything. You are trying to keep something you already have.

1 Standing steady

Stand tall at the counter, feet together, a hand resting on it. That is the whole move. Just be still, without the small sway you stop noticing.

The foundation everything else sits on. Some days this one is enough.

2 Heel to toe

Hand on the counter. Place one foot directly in front of the other, heel almost touching toe, like standing on a line. Hold only as long as it feels steady, then come out of it.

The balance you use on a narrow path or a curb.

3 Standing on one foot

Hand on the counter. Lift one foot off the floor just slightly, only a little, for a few seconds. Set it down. Switch sides.

The balance behind every step you take. Walking is just controlled one-foot standing, over and over.

4 Slow heel raises

Hold the counter with both hands. Rise slowly onto the balls of your feet, then come down just as slowly, with control, not a drop.

The strength that pushes you up a stair and up off the floor.

5 Sit to stand

A sturdy chair against a wall, support within reach. Stand up and sit down slowly, with control. The same movement as the sit-to-stand check, now done as gentle practice.

The most repeated strength movement in an independent life.

How to actually do this

Do not do all five every day. Do not count anything. This is not a workout with a number to hit. It is closer to brushing your teeth than to going to the gym. A few of these, a few times, most days, while the coffee brews. That is the whole program.

The thing that protects your balance over years is not intensity. It is showing up small and often, long after no one is grading you. Some days the only one you will do is standing steady at the counter for a moment. That still counts.

That is the habit staying alive on a hard day, which is the only reason it is there for you on the day you really need it.

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Not sure where to start? Take the free 3-minute Independence Assessment.

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