



FIT 5

Fitness Cards

BALANCE



*Special
Olympics*





Special Olympics **Health**

MADE
POSSIBLE BY **Golisano** FOUNDATION

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DIRECTIONS

BALANCE

Balance exercises can be done anywhere!

Hold on lightly onto the back of a chair or wall if you need added support to balance.

Focusing your eyes on one spot straight ahead and putting your arms out to the side can give extra balance support.

Follow the guidance on repetitions or length of time for each exercise.

Take breaks! Rest for 1 minute when you are feeling tired.

TOO EASY? TRY THIS!

Add 1-2 repetitions at a time to each set to make the exercises harder. Move onto the next Balance Level when you can do 15 repetitions.

Slowly add time to the exercise to make them harder. Move onto the next Balance Level when you can do the exercises for 60 seconds/1 minute.

Try not to hold onto any supports to balance!



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LEVEL 1

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Tandem Stance

1. Stand with your feet together.
2. Place your left foot in front of your right foot in a straight line. Hold the position for 30 seconds.
3. Repeat this exercise with your right foot in front of your left foot.



Featuring Special Olympics athlete Alonzo Johnson

Heel Raises

1. Stand tall with your feet as wide as your hips. Shift your weight onto the balls of your feet.
2. Raise your heels off the ground to stand on your tiptoes. Pause in this position for 3 seconds.
3. Lower your heels back down to the ground. Complete 10 repetitions.

1



2



Featuring Special Olympics Health Messenger Justin Hunsinger

Toes Raises

1. Stand tall with your feet as wide as your hips. Shift your weight back onto your heels.
2. Lift your toes off the ground. Pause in this position for 3 seconds.
3. Lower toes back to the ground. Complete 10 repetitions.

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2



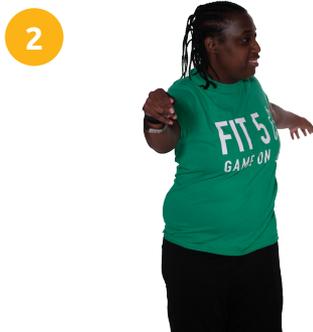
Featuring Special Olympics Health Messenger Justin Hunsinger

Narrow Base Torso Twists - Standing or Seated

1. Stand tall with your feet together, or sit with your feet flat on the ground. Hold your arms out straight to the side.
2. Turn your upper body and head slowly toward your left side.
3. Switch sides and turn your upper body and head slowly toward the right.
4. Complete 10 repetitions on each side.



Featuring Special Olympics Global Messenger David Godoy



Featuring Special Olympics athlete leader Novie Craven



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LEVEL 2



Single Leg Stance

1. Stand with your feet together and your arms out straight to the side.
2. Lift your left foot in the air out behind you while keeping your leg as straight as possible. Hold the position for 30 seconds.
3. Repeat this exercise on the other side by raising your right foot



Featuring Special Olympics athlete Chris Dooley

Tandem Stance on an Unstable Surface

1. Place a pillow, towel, or cushion flat on the floor. Stand on top of it with your feet together.
2. Place your left foot in front of your right foot in a straight line. Hold the position for 30 seconds.
3. Repeat this exercise with your right foot in front of your left foot.



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Featuring Special Olympics athlete Alonzo Johnson

Walking On a Line

1. Find or make a straight line on the ground.
2. Put one foot in front of the other. Walk on the line for 20 steps.
3. Change directions if the line is not long enough to reach 20 steps



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2



Featuring Special Olympics athlete leader Novie Craven



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LEVEL 3

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Leg Swings

1. Stand on your left foot.
2. Swing your right foot from front to back while keeping your balance. Complete 10 repetitions.
3. Repeat this exercise on the other side by standing on your right foot.



Featuring Special Olympics athlete Garrett Barnes

Lateral Step Down

1. Stand on a raised surface like a small stool or a stair step.
2. Stand on your left foot. Adjust how you stand so that your right foot is over the side and not touching the surface.
3. Bend your left leg and keep your right leg straight until your right foot is lowered and taps the ground.
4. Straighten your left leg to come back to the standing position. Complete 10 repetitions.
5. Repeat this exercise, standing on your right foot.



Featuring Special Olympics Health Messenger Justin Hunsinger

Single Leg Standing with Rotation

1. Stand tall, or sit with your feet flat on the ground.
2. If standing, lift your left foot into the air and bend the knee.
3. Turn your upper body and head slowly to the right, and then to the left. Complete 10 repetitions.
4. Repeat this exercise, by lifting your right foot.



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Featuring Special Olympics athlete Alonzo Johnson



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LEVEL 4

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Single Leg Ball Toss

1. Stand tall, or sit with your feet flat on the ground. Hold a ball out in your hands.
2. If standing, lift your left foot into the air and bend the knee.
3. Toss the ball into the air and catch it while keeping your balance. If seated, move your upper body forward and back as you toss the ball. Complete 10 repetitions.
4. Repeat this exercise, by lifting your right foot.



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Featuring Special Olympics athlete leader Novie Craven and Special Olympics Global Messenger David Godoy

Kneeling Rotation

1. Begin in a half-kneeling position, with your right knee out in front and your left knee under you. Hold a ball in front of you with your arms out straight.
2. While holding the ball out straight, turn your upper body and head slowly to the right, and then to the left. Complete 10 repetitions.
3. Repeat this exercise with your left knee out in front and the right one under you.



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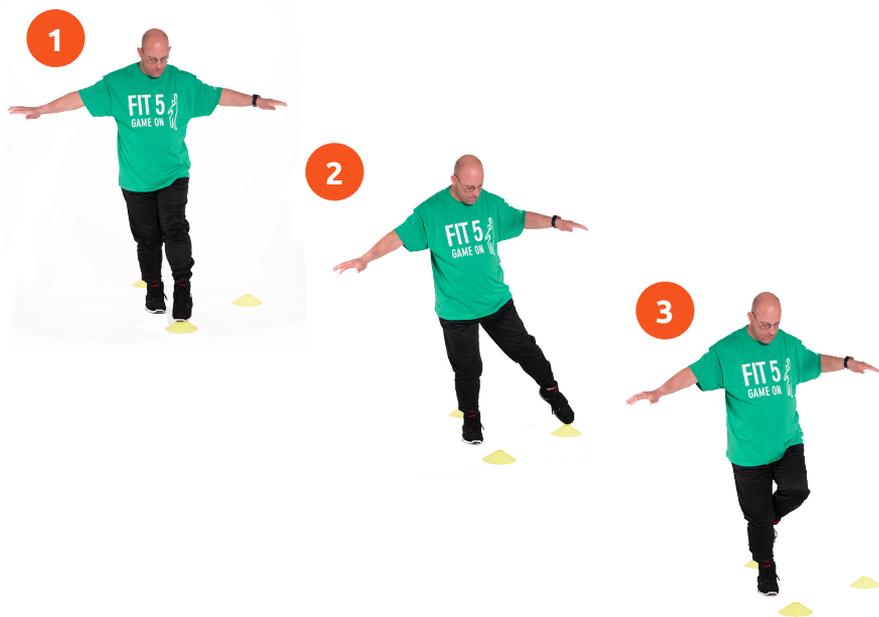


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Featuring Special Olympics athlete Alonzo Johnson

Clock Taps

1. Place, or imagine three markers on the ground around you: one in front, one to your side, one behind you.
2. Stand on your left foot. Reach your right leg out and tap your foot on the marker in front of you.
3. Return your right leg to the center and then reach it out and tap your right foot on the marker to the side of you.
4. Return your right leg back to center and then reach it out and tap your right foot on the marker behind you.
5. Repeat this sequence/pattern and complete 5 taps on each marker
6. Once complete, repeat this exercise by standing on your right foot.



Featuring Special Olympics athlete Chris Dooley



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Warrior Position

1. Stand tall with your arms by your sides.
2. Shift your body weight onto your left foot as you lift the right foot out straight behind you.
3. Slowly lean forward and raise your arms out straight next to your ears. Raise your right foot even higher and keep it straight behind you.
4. Try to make a straight line from your hands to your right foot and keep your balance. Hold this position for 30 seconds.
5. Repeat this exercise with your right foot on the ground and left foot straight behind you.



Featuring Special Olympics athlete Chris Dooley

Single Leg Line Hops

1. Find, draw or imagine a line on the ground in front of you.
2. Lift your right foot in the air and bend the knee.
3. Facing the line, hop over the line, forward and back for 10 repetitions.
4. Stop and move your feet so that the line is to the side of your body. Standing on the left foot, hop laterally over the line, side to side for 10 repetitions.
5. Repeat this exercise on the other side by hopping on your right foot.



Featuring Special Olympics Health Messenger Justin Hunsinger

Single Leg Ball Taps

1. Stand with your feet together and hold a ball in both of your hands.
2. Lift your right foot in the air and bend the knee. Reach down and tap the floor to the right side of your body while keeping your balance.
3. Return to the upright starting position.
4. Reach down and tap the floor to the left side of your body while keeping your balance.
5. Balance and complete 10 total taps.
6. Repeat this exercise on the other side by standing on your right foot.



Featuring Special Olympics athlete Chris Johnson