

FREE GUIDE · HEALTHY AGING

Balance Exercises

After 50



Simple, chair-supported exercises to help you feel steadier on your feet, plus a home safety checklist and a 4-week plan you can do in 10–15 minutes a day.

10

gentle balance exercises

15 min

or less, most days

20

point home safety checklist

Why balance matters

Balance naturally becomes harder as we age, because muscles, reflexes, and eyesight change. The good news is that balance is a skill: with regular, simple practice, many people feel steadier and more confident on their feet.

Good balance helps you...

- ☐ Walk with confidence, indoors and out
- ☐ Climb stairs and step off curbs
- ☐ Carry shopping and reach high shelves
- ☐ Stay active and independent

Common reasons balance slips

- ☐ Weaker leg and hip muscles
- ☐ Less activity and more sitting
- ☐ Vision changes or poor lighting
- ☐ Some medications and health conditions

Safety first: every time you practice

- ❗ Stand next to a sturdy chair or kitchen counter
- ❗ Have someone nearby when trying something new
- ❗ Wear supportive, non-slip shoes
- ❗ Clear the floor around you
- ❗ Stop if you feel dizzy, faint, or in pain
- ❗ Hold on as much as you need; that's fine

Talk to your doctor first if you...

1. Have fallen in the past year, or often feel unsteady or dizzy
2. Have heart, blood pressure, inner-ear, or nerve problems
3. Have had a recent surgery, joint replacement, or injury
4. Take medications that make you drowsy or lightheaded

My goal

What would you like to do with more confidence? Walking to the shops, gardening, playing with grandchildren?

Standing balance exercises

Do these beside a counter or sturdy chair. Start by holding on with both hands, then one hand, then fingertips, only when you feel steady.

1. Feet-together stand

HOLD 10–30 SECONDS

Stand tall with your feet side by side, touching. Look straight ahead at a fixed point.

2. Staggered stance

HOLD 10–30 SECONDS EACH SIDE

Place the heel of one foot beside the big toe of the other. Switch feet.

3. Heel-to-toe stance

HOLD 10–30 SECONDS EACH SIDE

Place one foot directly in front of the other, heel touching toe, as if on a tightrope.

4. One-leg stand

HOLD UP TO 10–30 SECONDS EACH SIDE

Holding the counter, lift one foot slightly off the floor. Keep your standing knee soft.

5. Weight shifts

10 EACH WAY

With feet hip-width apart, slowly shift your weight to one foot, then the other, then forward and back.

6. Marching in place

20 STEPS

Holding on, lift your knees one at a time in a slow, controlled march.

How to practice

- ☐ Stand tall, shoulders relaxed
- ☐ Look at a fixed point at eye level
- ☐ Breathe normally; don't hold your breath
- ☐ Move slowly and with control

Signs you're ready to progress

- ☐ You can hold the position for 30 seconds
- ☐ You feel steady, without wobbling much
- ☐ You feel confident, not anxious
- ☐ Progress one exercise at a time

Strength & walking exercises

Strong legs and ankles are the foundation of good balance. These build the muscles that catch you when you stumble.

7. Sit-to-stand

8-10 TIMES

From a sturdy chair, stand up slowly without using your hands if you can, then sit down with control.

8. Heel and toe raises

10 EACH

Holding on, rise onto your toes, lower, then lift your toes and rock back onto your heels.

9. Side leg raise

8-10 EACH SIDE

Holding on, stand tall and lift one leg out to the side, keeping your toes forward. Lower slowly.

10. Heel-to-toe walk

10-20 STEPS

Walk along the counter, placing each heel just in front of the other toes. Use a hand for support.

Level	How to make it harder, only when it feels easy and safe
Level 1	Hold on with both hands
Level 2	Hold on with one hand
Level 3	Fingertip touch only
Level 4	Hands hovering just above the counter

Build balance into your day

- ☐ Stand on one foot while brushing your teeth, holding the counter
- ☐ Do heel raises while the kettle boils
- ☐ Stand up from your chair without using your hands
- ☐ Take a daily walk on safe, even ground
- ☐ Use stairs with the handrail when you can
- ☐ Try tai chi or gentle yoga classes for older adults

Want more structure? For a guided balance program designed for over-50s, see [Neuro-Balance Therapy](#) → (more on page 7).

20-point home safety checklist

Most trips happen at home. A quick walk-through can remove common hazards in an afternoon.

Floors & stairs

- ☐ Remove or secure loose rugs
- ☐ Clear clutter, cords, and shoes from walkways
- ☐ Handrails on both sides of stairs
- ☐ Good lighting at the top and bottom of stairs
- ☐ Wipe up spills right away

Bathroom

- ☐ Non-slip mat in the shower or tub
- ☐ Grab bars near the toilet and shower
- ☐ A shower seat if standing is tiring
- ☐ Night light on the way to the bathroom
- ☐ Raised toilet seat if needed

Bedroom

- ☐ Lamp within reach of the bed
- ☐ Clear path from bed to door
- ☐ Sit on the bed edge for a moment before standing
- ☐ Phone within reach at night
- ☐ Stable bed height for easy standing

Kitchen & everyday

- ☐ Keep everyday items at waist to shoulder height
- ☐ Use a sturdy step stool with a handle, never a chair
- ☐ Wear well-fitting shoes, not loose slippers
- ☐ Get your eyes checked every year or two
- ☐ Ask your doctor to review your medications

If you do fall

Stay calm and check for injury before moving. If you can, roll onto your side, crawl to a sturdy chair, and use it to get up slowly. If you're hurt or can't get up, call for help. Consider a phone or medical alert you can reach from the floor, and always tell your doctor about any fall.

YOUR PLAN

Your 4-week balance plan

Practice for 10–15 minutes on most days. Slow, steady progress is the goal. Repeat a week if you need to.

Week	Exercises	Focus
Week 1	1, 2, 5, 6, 7, 8	Two hands on the counter, learn good form
Week 2	1, 2, 3, 5, 6, 7, 8, 9	Hold a little longer, try one hand
Week 3	All 10 exercises	Add the heel-to-toe walk
Week 4	All 10 exercises	Fingertip support where it feels safe

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	☐	☐	☐	☐	☐	☐	Rest
2	☐	☐	☐	☐	☐	☐	Rest
3	☐	☐	☐	☐	☐	☐	Rest
4	☐	☐	☐	☐	☐	☐	Rest

Simple progress check (always near support)	Day 1	Day 28
Feet-together stand (seconds)		
One-leg stand, holding on (seconds each side)		
Sit-to-stands in 30 seconds		
How steady I feel (1–10)		

YOUR NEXT STEP

Want a guided balance program?

If you'd like a structured, follow-along program designed for people over 50, with a step-by-step sequence to practice at home, here's one worth looking at.

RECOMMENDED PROGRAM

Neuro-Balance Therapy

Made for over-50s

A balance-training program designed with older adults in mind.

Follow-along routines

A guided sequence of balance exercises to practice at home.

Builds over time

Progresses step by step as you get steadier.

At your own pace

No gym or special equipment needed.

[See Neuro-Balance Therapy →](#)

Disclosure: this is an affiliate link. If you buy through it, MyInfoLabs.com may earn a commission at no extra cost to you. Results vary. It isn't a substitute for medical care, so check with your doctor before starting, especially if you've had falls or dizziness. Optional extras may be offered at checkout; see the seller's page for current details and refund terms.

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Stay steady,

Uday Chandra

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