

BALANCE EXERCISE MODULE

The actions for this module are:

Action Sheet

■ **ACTION #1**

Stand at one end of your living room. Make sure there is nothing in your way.

■ **ACTION #2**

Begin walking toward the other end of your living room. While you are walking, look at the left side of the room, and then look at the right side of the room.

■ **ACTION #3**

Repeat 5 times. If you get dizzy, sit down and try again later.

■ **SAFETY**

If you are unsteady, hold a family members hand, walk along a wall, use a counter for support, or use a cane or walker.