

Top 10 daily balance tips

At Nymbbl, our goal is to help you live your best life, free of falls. One way to do that is to improve your balance. Print and hang this in a place where you'll see it, like your refrigerator or bathroom mirror. Remember, consistency is key!

1

ADJUST YOUR STANCE

Every time you brush your teeth, challenge yourself to stand with your feet closer together.

2

FOCUS ON YOUR FOOTING

Focus on stepping from heel to toe when you're walking. This gives your brain the information it needs to assess the walking surface.

3

TALK WHILE MOVING

Train your brain and body to work together by counting items around a room or carrying a conversation while exercising.

4

LIFT YOUR FEET OVER IMAGINARY OBJECTS

Practice lifting your feet over imaginary objects to prepare yourself for every day trip hazards, such as rugs.

5

SHIFT YOUR WEIGHT

Hover your hands inside a sink for safety and shift your weight from one leg, then the other.

6

RISE FROM A CHAIR MORE THAN ONCE

When you get up from a chair, make it a habit to sit and stand 3-5 more times.

7

NOTE OBJECTS WHILE WALKING

Train your brain and body to work together by walking through a room, turning your head, and mentally noting objects around you.

8

FOCUS ON AN OBJECT WHILE MOVING YOUR HEAD

Sit on the edge of a chair and focus your vision on an object across the room while moving your head.

9

DANCE EVERY DAY

Move your body by including dancing into your routine.

10

PRACTICE LESS WEIGHT ON YOUR WALKER/CANE

If you use a cane or walker, practice taking 20-second periods of time where only the weight of your hands are on the device.

If you have any questions, please contact Nymbbl's friendly support team



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