



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service
SCFCL website: <http://www.scfcl.com>

Leader Training Guide

Balance and Coordination

Objectives:

The participants will be able to:

1. What is balance and coordination?
2. Exercises to improve balance.

Lesson Overview/Introduction:

Balance and coordination is important for our health and safety. As we age, we lose some of our balance and fall often. How can we improve our balance and coordination to prevent falls?

Lesson:

What is Balance: to be in a position where you will stand without falling to either side (Cambridge Dictionary)

What is Coordination: the ability to make your arms, legs, and other body parts move in a controlled way (Cambridge Dictionary)

Balance and coordination can prevent falls; therefore, it is very important as we age. How do we obtain balance and coordination? EXERCISE can improve your balance. Try these exercises to improve balance. These exercises can be done sitting or standing. If you are standing, it is encouraged to hold onto the back of a chair to help with your balance.

Exercise Section

Warm Up - Reach for the Stars: This will also stretch your back and arms. Start with 5 reps and increase to 8 next time you exercise.

- Sit or stand with arms at sides, palms facing forward and elbows straight.
- Raise arms out to sides and up, crossing wrists above your head.
- Lower arms slowly to sides, palms inward, and cross wrists in front of you. Do up to three sets of 10 each day.

Box Step: *Think of a square or box as you prepare for this exercise.*

- Step your **right foot** on the **top right**.
- Step your **left foot** on the **top left**.
- Step your **right foot** on the **bottom right**.
- Step your **left foot** on the **bottom left**.

That completes your box. Repeat 6 times.

Nose and Head Tap:

- Begin with your arms straight out beside you.
- Bring your right arm in and touch your finger to your nose.
- Repeat with touching your left finger to your nose.

Repeat these steps 6 times.

Walk, Walk, Walk: *This simple exercise is just as expected. Walk for 30 seconds. It can be increased depending on the talent of your group.*

Side Steps:

- Step one step to the right
- Step one step to the left

Repeat for 6 sets.

Walk, Walk, Walk: *Repeat with 30 seconds of walking.*

Low Kicks:

- Kick your right foot outwards (small kick)
- Repeat this with your left foot.

Complete 6 sets for this exercise.

Walk, Walk, Walk: *Repeat with 30 seconds of walking.*

Lift Knees:

- Lift one knee as high as possible.
- Lift the other knee as high as possible.

Repeat for 6 sets.

Walk, Walk, Walk: *Repeat with 30 seconds of walking.*

Side Steps: *Repeat the Side Step exercise for 6 sets.*

Add Arms exercise to the Side Step exercise.

Wrap up: *It is always good to have a cool down exercise. Repeat the walk in slow motion for the cool down exercise.*

Other valuable information:

- According to Arthritis Today, Exercise make everyday tasks easier and less painful.
- Rest is also important to a healthy life. Lavender is an herb that helps you rest. For better circulation, soak your feet in a warm bath scented with lavender oil.

➤ **5 tips for Sharper Memory**

- Talk with your hands. The movement of your body as you talk helps to sharpen memory.
- Use all your senses. When a person loses on sense, their other senses become sharper. Your senses will so help memory.
- Sing what you need to remember. If it is a phone number or your grocery list, sing it.
- Lost our keys? Retrace your steps – physically and mentally – to give you clues in your search.
- Write it down? When it is hard to remember things, write it down. The act of writing will help with memory.

Suggested Activities:

Exercise monthly at your meetings.

Visit a local gym for an exercise session with a professional

Lesson Summary: Keeping healthy is important – both mentally and physically. These healthy habits can improve your balance and coordination as well as improving your general health.

- Don't skip meals.
- Exercise regularly.
- Keep learning.
- Stay in close contact with loved ones.
- Listen to music to reduce stress.
- Get plenty of sleep.
- Don't smoke.
- Limit alcohol.

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Sources & Other information:

dictionary.cambridge.org

Arthritis Today

C & C Exercise Program

Unleash the Inner Healing Power of Foods. Memory-boosting meals