

Coordination and Balance Exercises



Objective: The aim of these exercises is to improve and maintain balance, coordination, and muscle strength.

Preparations: Stand with legs shoulder-width apart, back straight and with good posture.

Stand behind a chair with the backrest facing you, supporting yourself with your hands on the back of the chair:

- **Warm-up:** Walk fast on the spot and lift your knees as high as possible (2-5 minutes).
- **Knee and toe:** Squat down by bending your knees and then rise up on your toes. Repeat 5 times.
- **Pendulum:** Move your right and left leg in turns out to the side and slightly upwards. Repeat 10 times.
- **Take a step to the side:** stand with your feet together. Take a step to the side and follow with the other foot. Take another step back. Repeat 10 times from side to side at a fast pace. Transfer your entire body weight to the side as you take a step.
- **Kick an invisible football** behind you with your heel. Bring your leg back next to the other. Repeat 10 times. Keep your knee straight as you kick.
- **Picking apples:** Stretch your arms alternately in different directions as if you were picking apples from a tree. Put the apples in a basket in front of you. Pick 10 apples. Follow the apples with your eyes throughout the movement.

Stand next to the chair and support yourself with one hand:

- **Step over the trench:** Take a step forward with one leg and then step back to the starting position. Do the same movement with the other leg. Repeat 5 times, both legs.
- **Stand on one leg:** lift your right leg off the ground and try to keep your balance for 30 seconds. Repeat the same movement with the left leg. Do the exercise 5 times, both legs.

- **Draw letters:** Lift your right leg off the ground and try to draw/write your name with the letters from the alphabet. Repeat the same movement with the left leg.

Cool-down:

- March at a calm pace and roll alternately on one shoulder and then on the other shoulder (2-5 minutes).
- Take a few deep breaths, breathing in through your nose and out through your mouth.



Time :

Approximately 15 minutes in total.



Alone or in a Group:

This is an individual exercise.

Source: The activity is created with inspiration from models and ideas from national material banks. ([Institute for the Elderly: Motion card of the week](#)) and ChatGTP's proposal