

SINGLE LEG STAND



- 1.** Stand up straight, feet slightly apart, arms by your sides. Lift up the heel of one foot so you are balancing on the toe.

- 2.** Slowly lift your knee so the toe comes off the ground. Hold for a count of two and lower the knee, then lower the heel.



- 3.** Extend the hold time as your balance improves. For a little extra help balancing, rest one finger on a bamboo cane or garden stake as you complete the movement.

- 4.** Do 10 repetitions on each foot.

