

The Newsletter About Health and Caring For Your Body

BALANCE ISSUE or Difficulty Walking?



SUCCESS STORY

I fell and never thought I'd walk again. When I first came to Peak, I was using a walker. After 2 weeks, I got rid of the walker and started using a cane, mainly for balance. Peak helped me get my life back and I don't have to use a cane anymore.

I would highly recommend them to anyone!

~L.T.



STAYING ACTIVE can keep you feeling and looking your best at every stage of your life! An active lifestyle is especially important for senior health because regular exercise can help prevent heart disease, diabetes and certain forms of cancer and it can also reduce pain associated with arthritis. By improving balance, flexibility, endurance and strength, older adults can stay healthier longer. Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term benefits. Health experts say that older adults should be active every day to maintain their health. In addition, regular exercise and physical activity can reduce the risk of developing some diseases and disabilities that develop as people grown older. In some cases, exercise is an effective treatment for many chronic conditions. Studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

Move Your Body

Build Your Balance

Simple steps to STAY ON YOUR FEET®

Here are some exercises to help you improve your balance. Move slowly and stop if you feel faint or have any pain or discomfort. Please see a health professional if you have concerns before starting.

Start with your hand holding onto a sturdy support such as the kitchen bench or heavy table.

Feet Together

- Hold onto support and stand up tall with feet together.
- Hold for 10 seconds.
- Repeat twice.

Make it harder
1. Remove hand from support
2. Close your eyes



Step Forward

- Hold onto support and stand up tall with feet together.
- Take a step forward with your left leg.
- Hold for 10 seconds.
- Swap legs so your left leg is in front and begin again.
- Repeat twice on each leg.

Make it harder
1. Remove hand from support
2. Close your eyes



Goals of Physical Therapy

- ◆ Improve Balance
- ◆ Improve Flexibility
- ◆ Improve Endurance
- ◆ Improve Strength

Peak Physical Therapy can help you with your balance issues.

Call to schedule your

Free Assessment

today! (\$80 Value)

208-587-1777