



KITA SUGG
Exercise Physiology

Balance Matters: Build it Today, Stay Independent Tomorrow

Balance is something we use every day, often without thinking about it.

Whether you're walking the dog, climbing stairs, getting out of a chair or reaching for something on a high shelf, good balance helps you move safely and confidently.

Many people believe losing balance is simply a part of getting older. While our balance can change with age, becoming unsteady isn't something we should just accept.

Like strength and fitness, balance can be improved with regular practice.

The earlier you start looking after your balance, the more likely you are to maintain your confidence, independence and ability to keep doing the things you enjoy.

Why it Matters

Balance relies on several parts of the body working together, including your muscles, joints, vision, inner ear and nervous system.

Strong muscles—particularly around your legs, hips and core—play a vital role in helping you stay steady during everyday activities.

Good balance can help you:

- Walk with confidence
- Climb stairs safely
- React quickly if you trip
- Carry shopping more comfortably
- Stay active and independent
- Reduce your risk of falls

It's never too early to start improving your balance.

Signs Your Balance May Need Attention

You may benefit from balance training if you notice:

- Feeling unsteady when walking
- Holding onto furniture around the house
- Feeling nervous on uneven ground
- Avoiding activities
- Finding it harder to get up from the floor
- Feeling less confident than you used to

These changes are common, but they don't have to limit your independence.

Simple moves

Single leg stand

Helps support:

Balance, ankle stability and confidence while walking.

How to perform

1. Stand beside a sturdy bench or chair.
2. Hold on lightly if needed.
3. Lift one foot just off the floor.
4. Hold for 10–30 seconds.
5. Repeat on the other leg.

Aim for

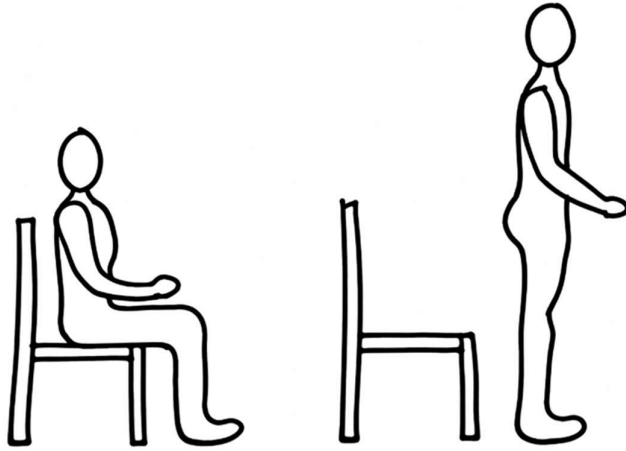
2–3 repetitions each side.



Sit to Stand

Helps support: Lower body strength and everyday function

From a chair, stand up and sit back down slowly with control. Use your hands for support if needed.



Heel-to-Toe Walk

Helps support:

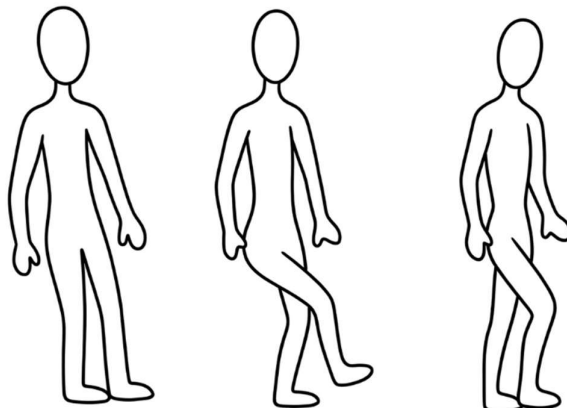
Walking balance and coordination.

How to perform

1. Walk in a straight line.
2. Place the heel of one foot directly in front of the toes of the other.
3. Look ahead and continue for 5–10 metres.
4. Turn around and repeat.

Aim for

2–3 laps.



Helpful Tips

- ✓ Practice balance regularly
- ✓ Include strength exercises each week
- ✓ Stay active with activities you enjoy
- ✓ Progress gradually

How an Exercise Physiologist Can Help

If you don't feel as stable as you used to when doing everyday activities an Accredited Exercise Physiologist can help you improve your balance through a personalised program.

To book a personalised Exercise Physiology session with Kita visit www.kitasuggphysiology.com.au