

# **“Balance Challenge Study”**

## **by Help-Your-Health/RoxAnn Madera**

Interested in improving the quality of your life, join me in the “**Balance Challenge**” and please feel free to share this with **any family/friends/groups/clubs who may also want to improve their balance!** You do not have to be a yoga student to join.

All you have to do is **read this page , fill our the questionnaire sign it** and return to me. Plus when you begin your challenge, **keep daily track** of your progress on the enclosed calendar (you will need to make a second copy for the total weeks) which will be returned to me when the challenge is over., either by e-mail, snail mail or in person.

**When:** As soon as you are ready to work on improving your balance for 9 weeks in sequence).

**Time Involved:** 2 minutes, 2x daily, morning and evening (or afternoon).

**Who:** Anyone 55+.

**How/When:** First, place a post-it on the wall at eye level and stand with your nose no more than hand width from this post-it. You can also use a favorite photo handing or something at the correct level where you can stand comfortably in front of, adjust the body so it is not touching the wall.

Standing with good posture, firmly place one foot on the floor and place the heel of the other foot on the instep of the firmly placed foot. Take your arms out to the sides in ‘cactus’, elbows bent and level with shoulders, forearms/hands parallel to the body, palms facing the wall.

This posture needs to be held for one-minute on each foot, the challenge is to be able to lift the toes for this minute. Switch feet and repeat. P.S. Nothing should be touching the wall during each minute, this is a single leg balance.

**Can do it or success during the first week?** If this is easy for you then begin with your eyes closed. First, with the toes on the floor (the reality will change so go slow) and then the challenge will be to lift the toes for one minute on each side.

Yes, you can wear your shoes if they give you good support and the soles are evenly worn, otherwise do it barefoot, but the same way every time.

On the calendar (each block is one day-if you miss a day just date it and otherwise leave it blank) you just need to mark the following: date, if you did it am/pm, eyes open or close and circle “Success” if you were able to hold up the toes for the minute plus you can mark R for right and L for left if it only happened on one side and am/pm if it was only one and not both.

**Why:**

**For you.....**an improved balance which is always helpful in trying to prevent falls and generally being more active by engaging in activities which otherwise would not be comfortable due to poor balance.

**For me.....**I am gathering statistics, from men and women 55+, in order to write a paper for presentation to the IAYT (International Association of Yoga Therapist) for publication.

Until,

RoxAnn

### *Important Disclaimer*

*The news, suggestions, information, exercises and other items in this list are intended for informational purposes only. Not all exercise is suitable for everyone. To reduce the risk of injury, please consult your Doctor before engaging in any physical and/or therapeutic exercise program. Nothing is intended to be a substitute for professional medical care.*

**For more information contact: RoxAnn Madera 714.421.0477 [www.Help-Your-Health.com](http://www.Help-Your-Health.com)**