

# Balance and Strength Exercises for Seniors

Losing your footing can be an incredibly scary feeling. Your arms flail from the adrenaline, but sometimes we can catch ourselves before a serious injury occurs. However, as we age, it can become harder and harder to watch our balance and catch falls — the CDC (Centers for Disease Control and Prevention) tells us that [one in four older people falls every year](#), and one in five falls causes a serious injury.

While a decline in balance is natural as we get older, there are exercises you can do to improve your strength and coordination. Below are a few balance exercises we recommend for seniors that can help you avoid a serious fall in the future.

## 3 Senior Exercises for Balance and Strength

- **Single Leg Stand.** A great exercise to start with is the single limb stance — perfect for beginners. Hold onto the back of a chair and shift your weight to your left leg while lifting your right leg in front of you. Hold it there for a few seconds and then lower it back to the floor. Switch sides, raising your left leg next. Repeat as necessary. Eventually, you'll be able to do the exercise without holding the chair.
- **Chair Leg Raises.** Use the same chair for your leg stands. Sit in the seat with your back straight and both feet directly under your knees. Slowly straighten your right leg so it's stretched out in front of you. Hold it there for a few seconds and lower it back down. Repeat this with the other leg, doing as many sets as you're comfortable with. Perform each set with 10-20 repetitions.
- **Sidestep.** Stand with both feet together and keep your knees bent slightly. Step slowly to the side with your right foot followed by your left. Do this for 10-15 steps and then repeat with your left foot leading. We recommend doing this along a wall to use as a point of contact until you're completely comfortable with the exercise.

While these exercises can help you improve your balance and strength, you should always talk to your healthcare provider if you're concerned over any loss of balance. They'll be able to provide you with some insight as to other exercises you can add that fit your needs.

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## Learn How to Improve Balance and Coordination at Stonebridge at Montgomery

At Stonebridge at Montgomery, our [LivWell program](#) offers a holistic approach to every dimension of wellness — including your physical health. Our “Stand Tall, Don’t Fall” program is specially designed to help you improve your balance and strength so you can continue enjoying all life has to offer. And if there are activities that you believe will help you achieve your goals, our team members will work with you to make those interests available.

Learn how the goal of wellness is engrained in every aspect of our community. [Contact our team](#) today or [schedule your personal tour](#) to see it for yourself.