



ELDERGYM[®] ACADEMY

W O R K S H E E T

BALANCE FUN

Balance with 4 chairs

Items needed: 4 armless kitchen chairs. 2 plastic cups, one filled halfway with water.

1. Stepping in one direction. Set up chairs in a line and alternate the seat left and right. In other words, One chair with seat left, next with seat right etc. Stand facing the chairs. Walk around each chair keeping your body facing forward in the figure of 8 pattern. After passing all four chairs, reverse your direction walking backwards and return to starting position, while continuing to face forward.
2. Stepping in one direction - cup. Repeat the same exercise, this time holding a cup of water in your right hand going forward, and in your left hand going backward.
3. Stepping and pouring. Hold the two cups in your right and left hands. Place the empty cup on the chair. Pour the water from the other cup into the empty cup on the chair. Walk around the chair, place empty cup on next chair, reach behind and pick up the cup of water on the chair in back. Pour water into empty cup on 2nd chair. Repeat this to the last chair, alternating hands to pour. Then reverse to starting point.
4. Scooting. Sit on the first chair sideways pointing away from the line of chairs. Begin scooting around to the other side of the chair. Stand and sit on the second chair in the same position. Repeat scooting and standing until the last chair, then reverse.
- 5 Scooting with cup. Repeat the last exercise while holding a cup of water in your right hand. Continue to the second chair this time alternate cup of water to left hand. Repeat to last chair and then reverse to starting point.
6. Step up. Hold a cup of water in right hand. Face the first chair with the seat side facing. Hold back rest with left hand. Step up with right foot on chair. Lift cup of water



high in front, out to right side, then out to left side and out to back side. Repeat with the left foot and left hand.

7. Touch nose. Stand facing the chair as in the last exercise. Place empty cup upside down on seat. Lean over and hold either side of seat. Bend your elbows and touch the cup with your nose. Repeat with your right leg raised and then your left leg raised.

Orange in the grass

Items needed: one orange and two spoons.

1. Place orange on ground. Stand 4 feet from orange. Hold spoon in either hand. Raise spoons 12 inches apart in front of your face. Position spoons with orange in the middle. Keeping your head still, look at right spoon, then orange, then left spoon. Repeat 20 times. Side step to opposite side of orange. Repeat same exercise, this time move your head when looking at spoon, orange, spoon.

2. Now hold spoons out to side. Turn head and look at right spoon, orange, left spoon. Repeat 5 times. Move to one foot away from orange and repeat. Move to orange between heels and repeat.

3. Stand on left side of orange. Hold right spoon out to side, look at spoon, while looking at spoon, bring spoon down to touch orange then return. Repeat 2 times. Straddle orange and repeat with right hand. Stand on right side of orange and repeat with spoon in left hand.

4. Stand facing orange. Lift left spoon. Move spoon back and forth while looking at spoon. Keep head still. Walk left around orange. Repeat on right side with right spoon. Repeat with head moving.



5. Face orange. Lift up right spoon in outstretched arm. Look at spoon. While looking at spoon, step over orange and back with right foot and then left. Repeat with left spoon.
6. Stand facing orange. Cover right eye with spoon. Bring left spoon out to side. Look at left spoon. While looking at left spoon bring spoon down along side of orange. Look back and forth from orange to spoon x 10. Lift spoon forward then back down. Repeat with the left side.

Paper plates

Items needed: 4 paper plates numbered 1 to 4. Note: Do not step on paper plates.

1. Place paper plates on ground one step length apart. Facing the row of plates, begin straddling each plate forward then backward. Repeat.
2. Facing plates, sidestep around each plate forward then backward. Repeat.
3. Facing plates, step to each plate forward on right side, then backward down the left side. Repeat.
4. Facing plates, step over 1st plate, the circle around second plate. Then step over 2nd plate and circle around 3rd plate, then step over 3rd plate and circle around 4th plate. Reverse to starting point.
5. Facing plates, tap your right foot on plate then left foot on plate. Repeat 5 times, then step over 1st plate and repeat until the last plate. Reverse
6. Place plate one behind you, plate 2 to the right side, plate 3 in front, plate 4 to the left side. Stating with your right leg, have someone randomly call out numbers from 1 to 4. Step toward each plate as called. Do not step on the plate as you may slip. Repeat with the left leg.



- 7.** Place plates ten steps apart in a line. Starting at plate one, begin walking toward plate 2 very fast, then slowly from plate 2 to 3, then fast from plate 3 to 4. Now reverse and walk backwards fast, slow, fast.
- 8.** Place plates ten steps apart in a line. Begin by jumping over plate one, run to plate two, jump over plate two, run to plate three, jump over plate three, run to plate four, jump over plate four. Repeat running backwards.
- 9.** Place plates ten steps apart in a line. Side step from plate one with large steps. Continue to plate 3 and plate 4. Return facing same direction. Repeat.
- 10.** Place plates ten steps apart in a line. Side step in grapevine pattern as in last exercise forward then back. Repeat.
- 11.** Place plates ten steps apart in a line. Run to plate 2, turn 360 degrees, then run to plate 3, turn 360 degrees, then run to plate 4 turn 360 degrees. Return running backward. Repeat.

