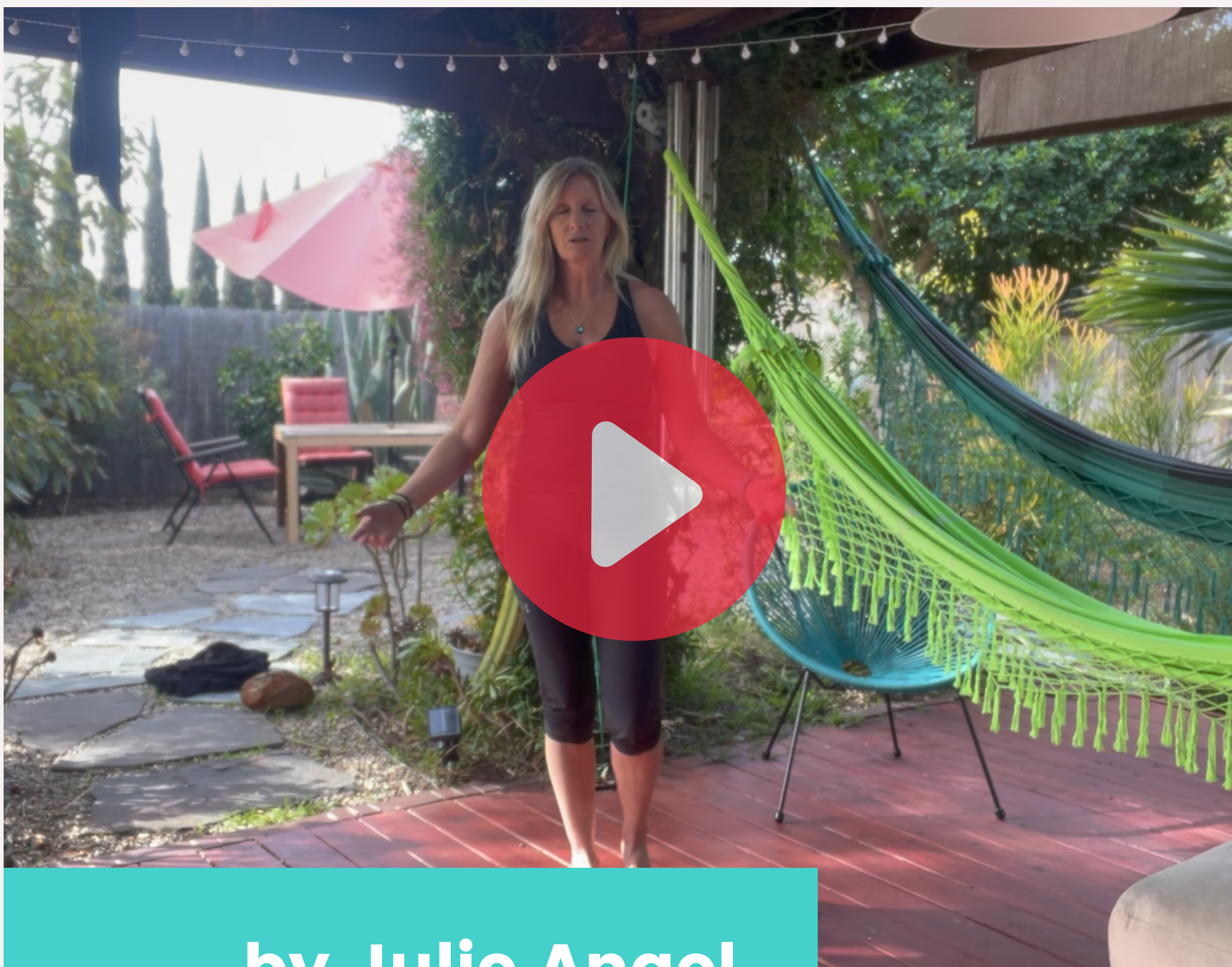


5 Steps to better balance

5 Steps to Master Better Balance

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by Julie Angel



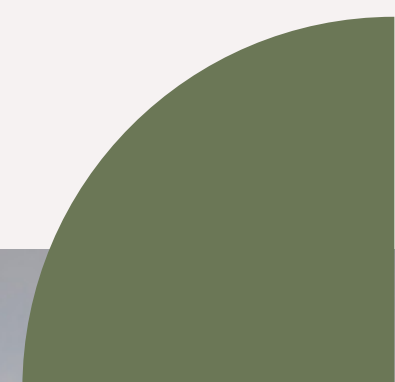
why balance?

Balance is in every move that we do yet few people intentionally train it on a regular basis. When you improve your balance you improve ALL of your movements.

This quick guide gives you the 5 steps you need to start and maintain a balance practice.

Best regards,

Julie Angel



get to know how you balance

Self-test and get your starting balance baseline.



Stand on 1 foot with both eyes closed and count how long you can remain in balance without putting your other foot down.

Repeat on the other foot.

Do this several times on each side to get an average of your baseline balance on each side.



Our balance is a reflection of our nervous system and it's a very honest measure of how we feel when we test it on a regular basis.

On a day when you feel very tired or have been stressed and overwhelmed, you will see a difference in your balance, even if you don't FEEL tired, stressed or particularly overwhelmed.

To stand on 1 foot for a short period of time is not an obviously tiring movement drill, yet it demands a lot of our nervous system.



How to train & improve your balance



Practice balance training barefoot whenever possible. Our feet tell our body where it is. It makes a big difference if our feet can FEEL the ground and then our body 'auto-corrects' to a position that keeps us safe and out of pain.

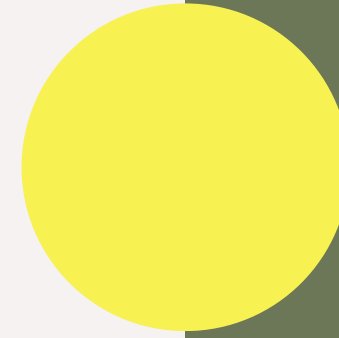
- 1.** Stand up straight and tall with good yet relaxed posture. Relax your toes (don't allow them to claw and try to grip the ground) soften your knees, hips, wrists and fingers.
- 2.** Begin or maintain calm nasal breathing. Mouth closed, lips sealed, tongue resting on the roof of the mouth, breathe both in and out through the nose.
- 3.** Fix your gaze on something at eye level straight ahead.

Even when walking we are in a constant state of balancing on 1 foot then transitioning to the other.

- 4.** Slowly transfer your bodyweight from one side to the other so you are standing only on 1 foot.
- 5.** Keep softening and relaxing your joints as you begin to wobble as your body adapts to the balance. Maintain your gaze and posture while keeping your breathing slow and relaxed.



the work is in the wobble!



Once you have gone through each of the 5 steps and feel calm and a sense of balance **THEN close your eyes.**

You will immediately feel a lot of wobble coming from the ankle as your body works hard to feel and know where it is and maintain balance now it can no longer SEE where it is.

Imagine you are still looking at the fixed point you were looking at and keep your head poised straight ahead.

Keep relaxing and telling yourself that "everything is fine". Our body is ALWAYS listening.





practice & fight for your balance

When you start to wobble, I want you to FIGHT for your balance. You have to WANT to stay in balance rather than the first instinct to simply put the other foot down.

We only get better and improve our balance by putting ourselves in situations that challenge our balance and add complexity to the situation.

Our body and mind adapts and this is how we get stronger and improve our balance.

After a few attempts retest your balance and count, see how it has changed on each side from how it was at the start.

Stay safe and have fun with your balance training!