

Helping you age with
strength and grace!

Balance, Core, and Agility:

Simple Exercises
Balance and
Confidence



**We don't stop exercising
because we grow old—we grow
old because we stop exercising.**

– Dr. Kenneth Cooper

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Why Balance and Core Strength Are Essential as We Age

Aging can be a beautiful journey filled with wisdom, growth, and rich experiences.

However, it's also a time when our bodies undergo significant changes, making balance and core strength more important than ever.

As a fitness coach specializing in senior fitness, I see firsthand how improving these areas can transform lives. The good news? You don't have to wait until you're older to start. Building your balance and core strength now is a gift to your future self.

“Dig your well before you get thirsty.”
– Chinese Proverb

Take one step at a time, one day at a time, and before you know it, you'll be stronger than yesterday



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Balance Exercises

Start working on your balance NOW!

Balance plays a fundamental role in our daily lives, and its importance grows as we age. Good balance helps us stay steady on our feet, reducing the risk of falls—a leading cause of injury in older adults. Falls can lead to fractures, loss of mobility, and even long-term health complications. Beyond the physical consequences, the fear of falling often causes people to limit their activities, which can result in reduced strength and independence over time.

Balance Exercises to Try

One-Leg Stand

- How to Do It: Stand near a sturdy chair or wall for support. Lift one foot off the ground and hold for 20-30 seconds. Switch sides.
- Benefits: Strengthens ankle and leg muscles while improving core stability.
- Tip: As you progress, try holding your balance without support or closing your eyes for a challenge.

Heel-to-Toe Walk

- How to Do It: Walk in a straight line, placing one foot directly in front of the other so that the heel of one foot touches the toes of the other.
- Benefits: Enhances coordination and balance while engaging your core.
- Tip: Perform this along a hallway wall or rail for safety.

Standing Side Leg Raise

- How to Do It: Stand tall, holding onto a chair for support. Slowly lift one leg to the side, keeping it straight, then lower. Repeat 10-12 times per leg.
- Benefits: Strengthens the hip and outer thigh muscles, crucial for lateral stability.
- Tip: Engage your core and keep your movements slow and controlled.

Rock the Boat

- How to Do It: Stand with your feet hip-width apart. Shift your weight onto one foot while lifting the opposite foot slightly off the ground. Hold for a few seconds and then switch sides.
- Benefits: Trains your body to maintain stability while shifting weight.
- Tip: Use your arms for balance if needed and progress to longer holds over time.

Chair Squats with a Twist

- How to Do It: Sit on the edge of a sturdy chair. Slowly stand up while twisting your upper body slightly to the left, then return to a seated position. Alternate sides.
- Benefits: Combines balance and core activation while improving leg strength.
- Tip: Ensure the chair is stable and avoid using your hands to push off.



Core Exercises

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Core Exercises That Benefit Balance

Standing March with Twist

- How to Do It:
 - Stand tall with your hands behind your head, elbows wide.
 - Lift your right knee toward your chest while twisting your torso to bring your left elbow toward the knee.
 - Lower and repeat on the other side.
- Benefits: Improves balance and strengthens obliques.

Wood Chop (with or without weight)

- How to Do It:
 - Hold a lightweight or just clasp your hands together.
 - Start with your hands by your right hip.
 - Pivot and rotate your torso, bringing your hands diagonally across your body toward your left shoulder.
 - Return to start and repeat 8–12 times per side.
- Benefits: Builds rotational strength and improves balance.

Standing Side Crunch

- How to Do It:
 - Stand with your hands behind your head and feet hip-width apart.
 - Lift your right knee out to the side while bringing your right elbow down to meet it.
 - Return to the starting position and switch sides.
- Benefits: Engages obliques and challenges stability.

Standing Knee Lifts with Reach

- How to Do It:
 - Stand tall with your arms overhead.
 - Lift your right knee as you bring both hands down to meet it.
 - Return to start and alternate sides.
- Benefits: Works the core and improves balance and coordination.

Single-Leg Deadlift (Bodyweight or with Dumbbells)

- How to Do It:
 - Stand on your left leg, keeping a slight bend in the knee.
 - Hinge at your hips, extending your right leg behind you while lowering your torso forward.
 - Return to standing, engaging your core throughout the movement.
- Benefits: Strengthens core, glutes, and improves single-leg balance.

Standing Bicycle Crunch

- How to Do It:
 - Place your hands behind your head.
 - Bring your right elbow toward your left knee as you lift the knee.
 - Return to standing and alternate sides.
- Benefits: Builds rotational core strength and coordination.



Equipment to help strengthen the core

Here's a list of equipment that's versatile, easy to use, and great for all fitness levels. Click on each item to learn more.

1. **Resistance Bands**

- Benefits: Adds resistance to exercises without heavy weights, engages stabilizing muscles, and is portable.

2. **Stability Ball (Swiss Ball)**

- Benefits: Challenges balance while performing exercises, activating the core muscles.

3. **Yoga or Exercise Mat**

- Benefits: Provides cushioning and support for floor-based core work.

4. **Medicine Ball**

- Benefits: Adds weight to core exercises, improving strength and power.

5. **Balance Trainer (BOSU Ball)**

- Benefits: Enhances balance and stability while performing core-focused exercises.

6. **Kettlebells**

- Benefits: Adds resistance to core movements for increased strength.

7. **Sliders or Gliders**

- Benefits: Engages the core through controlled, dynamic movements.

8. **Weighted Vest**

- Benefits: Adds resistance during bodyweight exercises, increasing core engagement.

