

# Balance Program Steps



- Stand with a step in front of you.
- Hold on to something for balance.
- Lift your foot up, put it on the step and hold for \_\_\_\_\_ seconds.
- Keep your body straight.
- Lift your foot off the step and put it back on the ground.
- Repeat with your other foot.
- Repeat \_\_\_\_\_ times with both feet.
- Gradually try to decrease the amount of hand support while stepping.

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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