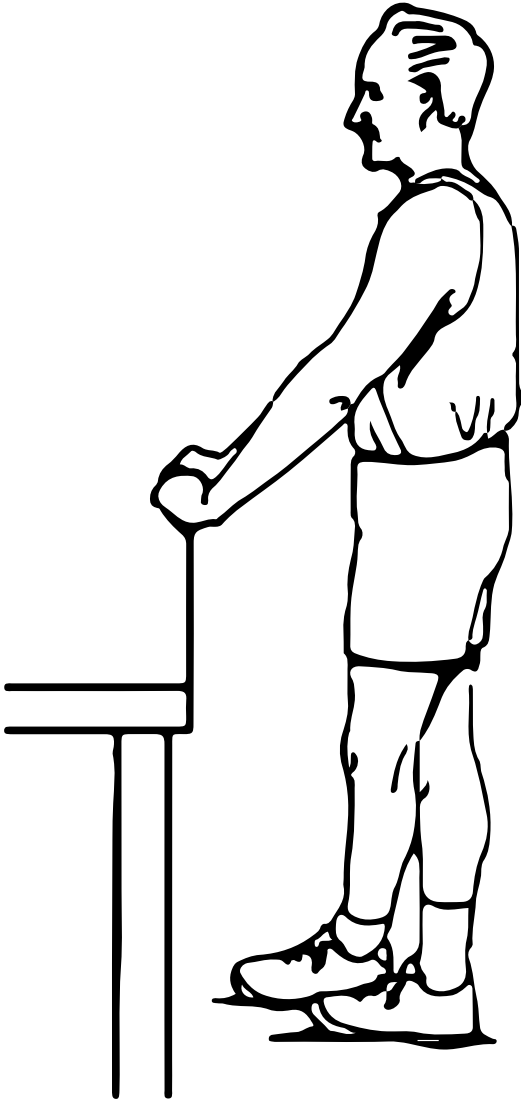


Balance Program Grapevine



- Stand up straight and hold on to a counter.
- Cross one foot in front of the other.
- Hold for _____ seconds.
- Return to the starting position. Repeat _____ times.
- Repeat in the opposite direction.
- Repeat _____ times.

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!
www.nshealth.ca*

*Prepared by: Physiotherapy
Designed by: Nova Scotia Health Library Services*

The information in this handout is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.