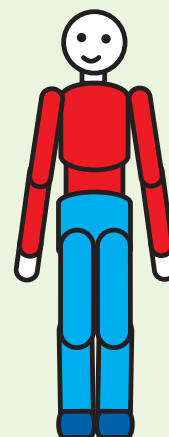


# Exercise 28

## Feet together balance

Starting position: Stand with your feet as close together as you can. You may want to steady yourself at the kitchen sink or hold the back of a sturdy chair

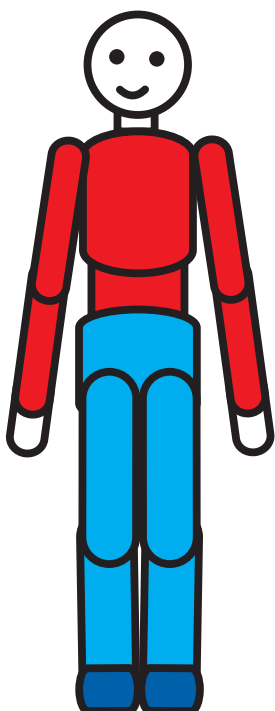


### Step one

When you are steady, let go of your support and hold your balance. Count how many seconds, aiming for 20 if you can.

### Step two

If you can do it, try with both eyes closed. But be very careful!



You may not quite count to the suggested number but you can work towards increasing the length of time you can balance.

If you have problems/concerns, talk to a physiotherapist.