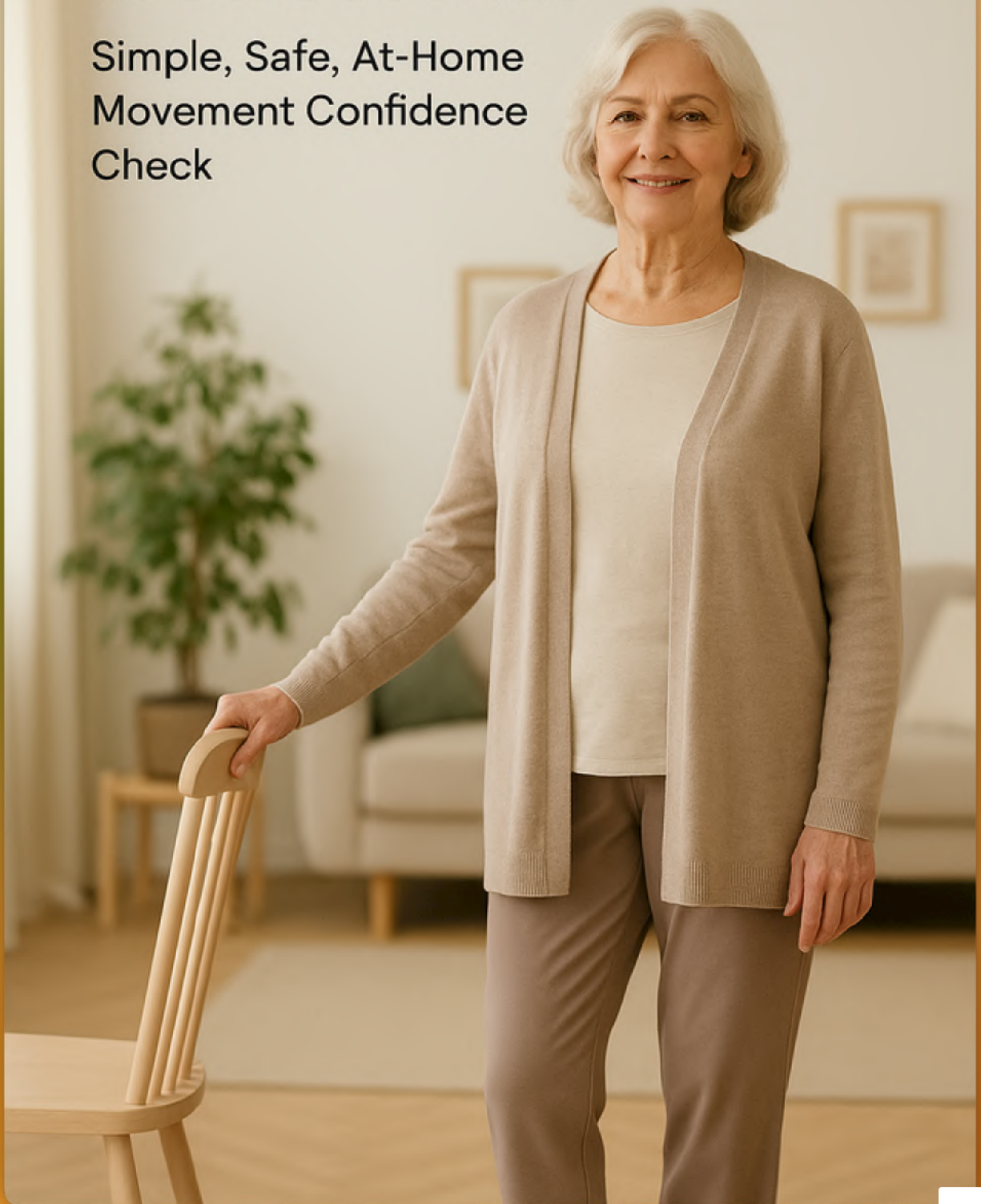


# Test Your Balance in 60 Seconds



Simple, Safe, At-Home  
Movement Confidence  
Check



# Section 1: Why Balance Matters More Than You Think?



**I've worked with hundreds of older adults who felt steady – until the real world told a different story.**

Not during exercise.

- But when they stepped off a curb.
- Reached for something too high.
- Or turned too quickly in the kitchen.

**Their body hesitated.  
Not from weakness – but from uncertainty.**

And here's the insight most people miss:

“

**Hesitation is a skill gap, not a failure.**





It's your system saying:

**I need a bit more clarity here.**

**These moments aren't rare. They're common.  
And most people don't realize how much  
confidence their balance quietly requires – until  
it's no longer automatic.**



# Modern science confirms it:



- Low **balance confidence** is a stronger predictor of falls than strength alone (Mirelman et al., 2018).
- Seniors scoring **low on the ABC Balance Scale** are more likely to fall within 6 months (Powell & Myers, 2020).
- **Sit-to-Stand, Single-Leg Stance, and Tandem Stance** each predict future fall risk with high accuracy (Bohannon, 2015; Mak et al., 2021; Horak, 2019).



# What You'll Learn in This Guide

- 3 quick, at-home balance assessments used in clinical fall-prevention programs
- A simple scoring system to understand what your body is telling you
- Gentle, real-life ways to begin improving balance — starting today

This isn't about perfect performance. It's about *presence* — and retraining the body to trust itself again.

**Because when balance becomes automatic again, independence feels easier.**

**Confidence returns.**

**And your world feels a little wider.**



# Section 2: Take the 60-Second Balance Test

## How It Works

You're about to complete three quick self-assessments to evaluate your current balance. Each one takes less than 30 seconds and requires no equipment beyond a chair, a timer, and a safe space to stand.

These tests aren't about performance.

**They're about clarity—understanding what your body can do right now, and where it may need more support.**



# Step 1: Perform These 3 Balance Assessments

**Test 1: Sit to Stand**

**Test 2: Single Leg Stance**

**Test 3: Heel-to-Toe Stance**





# Test 1: Sit-to-Stand (30 Seconds)

**Purpose:** Measures leg strength, endurance, and your ability to transition safely from sitting to standing – a foundational skill for daily life.



# Test 1: Sit-to-Stand (30 Seconds)

## How to Do It?

- Sit in a sturdy chair, feet flat on the floor.
- Cross your arms over your chest.
- Set a timer for 30 seconds.
- Stand up and sit down as many times as you can, with control.

## What It Tells You:

This test reflects how well your legs support your weight, and how confidently you can initiate movement.

It's one of the strongest predictors of fall risk related to leg weakness.

## Scoring Guide:

- 11 or more repetitions: Strong baseline for stability and mobility.
- 6 to 10 repetitions: Good effort. You have a foundation to build on.
- 0 to 5 repetitions: A clear signal that strength training could improve daily ease and safety.



# Test 2: Single-Leg Stance (10 Seconds Per Leg)

**Purpose:** Assesses balance control, ankle stability, and the coordination between your visual system and your postural reflexes.



# Test 2: Single-Leg Stance (10 Seconds Per Leg)

## How to Do It:

- Stand upright near a wall or sturdy surface.
- Lift one foot off the ground and balance for up to 10 seconds without holding on.
- Repeat on the other side.

## What It Tells You:

This test challenges your nervous system's ability to respond to change.

Struggles here often reflect an opportunity to train core support and reaction time.

## Scoring Guide:

- 10 seconds or more: Excellent balance reflexes.
- 4 to 9 seconds: A strong start. Continued practice will reinforce control.
- 0 to 3 seconds: A signal that consistent training can restore coordination and confidence.



# Test 3: Tandem Stance (10 Seconds)

**Purpose: Evaluates postural control, coordination, and stability when your base of support is narrowed – similar to real-world movements like turning or stepping off curbs.**





# Test 3: Tandem Stance (10 Seconds)

## How to Do It:

- Stand with one foot directly in front of the other, heel to toe.
- Try to hold this position without stepping out or using support.
- Time yourself for up to 10 seconds.

## What It Tells You:

This drill mimics the kind of balance challenges that often lead to stumbles in daily life.

It helps assess how steady you are under more dynamic conditions.

## Scoring Guide:

- 10 seconds: Strong step stability and postural awareness.
- 4 to 9 seconds: You're building control—this is a skill worth refining.
- 0 to 3 seconds: A clear area to train. Strengthening this response can help prevent future trips or hesitations.



# Section 3: How to Interpret Your Score



# What Your Results Mean

**This test wasn't designed to label you. It's here to give you insight.**

Each score tells a story — not about your age, but about your nervous system, your movement patterns, and your current level of support.

**Here's how to interpret what you found:**

**If you completed all three tests with ease**

You've built a strong foundation.

The next step is maintenance — staying active, practicing movement variety, and continuing to challenge your balance.

**If you struggled with one or more of the tests**

That's not a sign of failure — it's feedback.

It means your system is asking for support in specific areas: maybe leg strength, maybe balance control, maybe reaction time.

**If you couldn't complete a test at all -**

You're not broken. You're just early in the retraining process.

Balance is not a fixed trait. It adapts—and with the right practice, it can improve at any age.





# Why Small Balance Issues Matter?

The signs you noticed in these tests may seem minor — but they matter.

Research shows that difficulty with simple balance tasks predicts fall risk months in advance.

And more importantly, it reveals **which areas of your movement system need attention now**, before a fall or injury forces you to act.

## **The good news?**

**Your body is built to adapt.**

**With just a few minutes of focused training each day, you can strengthen the systems that keep you steady —**

**and shift from “cautious” to “confident” in how you move.**



# Section 4: Simple Ways to Improve Your Balance Today

## Step 2: Use These Confidence-Building Strategies

Improving your balance doesn't mean overhauling your routine.



It means practicing small movements that gently retrain your body — and build back trust in how you move.

**Start here**



# 1. Start Small and Track Your Progress



**Repeat the 60-Second Balance Test once a week.**

Note how your scores shift—even by a second or two.

These micro-improvements matter. They signal your body is learning.

**Why this works:**

Progress builds belief. When you see change, you're more likely to keep going.



## 2. Challenge Balance in Everyday Movements



You don't need a gym. You need a rhythm.  
Use your day as the training ground.

### Try:

- Standing on one leg while brushing your teeth
- Keeping your feet together while waiting in line
- Reaching for a cabinet with intention, not speed

### Why this works:

Balance gets stronger when practiced in real-life position — not just in exercise mode.



# 3. Train Your Balance Reflexes With These 3 Drills



## Weight Shift Drill

Stand with feet hip-width apart. Slowly shift your weight from side to side.

This trains your step control and makes walking feel smoother.



# Heel-to-Toe Walk

Walk in a straight line, placing one foot directly in front of the other.

This strengthens coordination and postural control — especially for tight spaces.

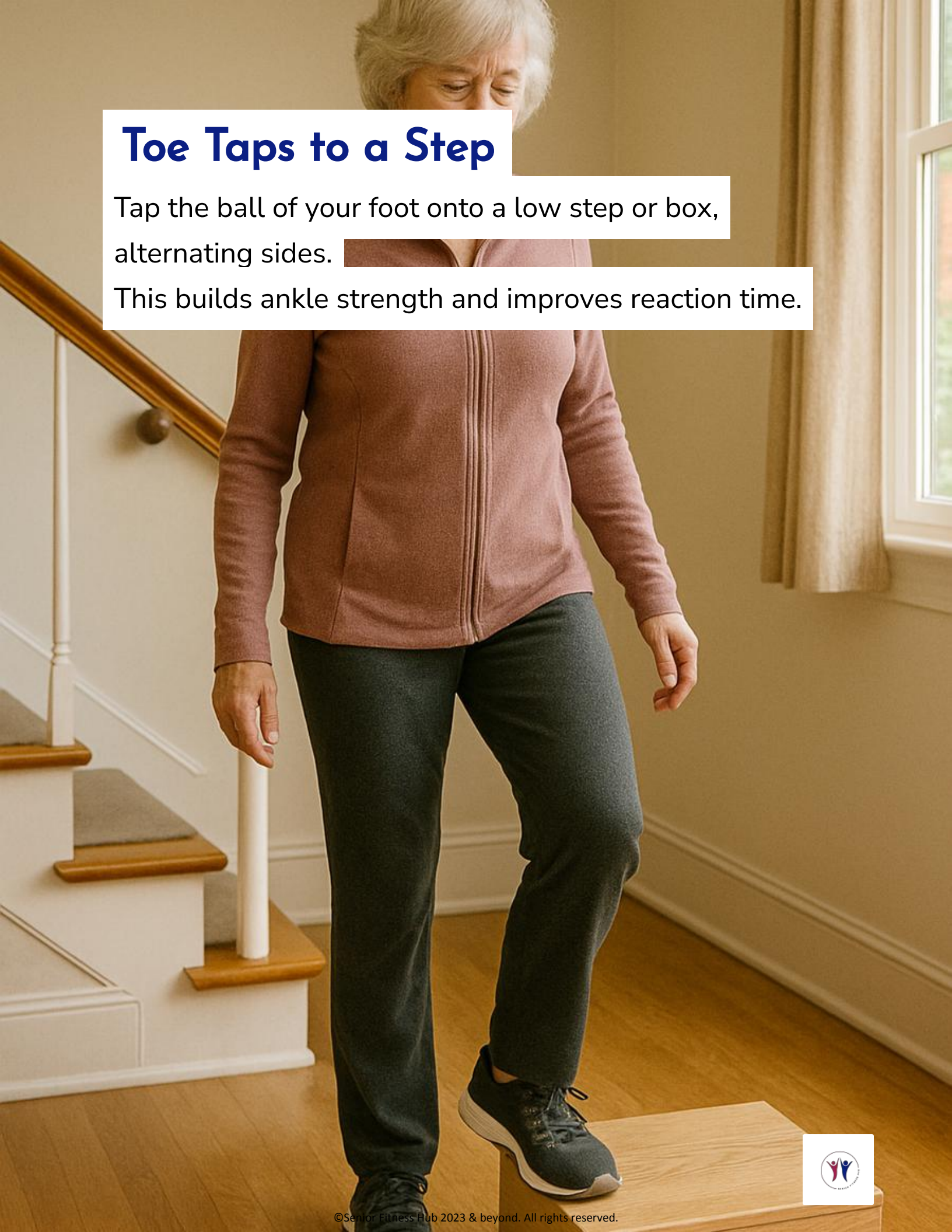




## Toe Taps to a Step

Tap the ball of your foot onto a low step or box, alternating sides.

This builds ankle strength and improves reaction time.



**These exercises take less than 5 minutes. Done consistently, they create a steady foundation for daily movement.**

— “ —

**Pro Tip:**  
Balance training doesn't have to be long or complex. Just a few focused minutes each day can lead to noticeable improvements in confidence, coordination, and steadiness.





# Section 5: Take the Next Step – Strengthen Your Balance Confidence

Now that you've tested your balance, you have a clearer picture of where your strengths are—and where your system may need more support.

**This is the turning point.  
Awareness gives you choice.  
And choice is where confidence begins.**



So what's next?



# Want Daily Guidance and Long-Term Results?

**If you're ready for structure and support –  
without overwhelm – the 7-Day Balance Reset  
gives you exactly that.**

This guided program includes:

10-minute daily drills for balance and strength

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Real-life applications so you move better in daily  
situations

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A flexible, follow-along format built for busy or  
cautious movers

**Join the 7-Day Balance Reset: [\[CLICK HERE\]](#)**



Balance is not a fixed trait.  
It's a skill. And it gets stronger when you know  
where to focus.  
Which path feels right for you today?

