

## **The Combo Coach**

### **FAB - Balance Test**

You know what they say, its all about balance and that's not just food and drink. We need to balance our mind with our body.

Balance exercises are also called load bearing, which improves osteoporosis. Balance is often overlooked and lack of balance is often the cause of trips turning into dangerous falls. The stronger your core and balance, you have much more chance of staying on two feet if you trip.

You can do this while making a cuppa, while watching TV, it literally only needs to be 2 to 3 minutes

Balance prevents falls and injuries and enhances our mobility and independence. It improves coordination, flexibility, and reaction time – such as being able to recover from a trip.

Regular balancing exercises also stimulate brain activity. This connection improves your brain power, coordination, and concentration, lowering the risk of cognitive decline as we age.

#### **Balance - Single Leg Stability Test**

##### **Purpose:**

Evaluates balance ability.

##### **How to Perform:**

- Start with bare or socked feet, get comfortable and ready to stand on one leg.
- On the command "go," stand on one leg only, do not use anything to steady you.
- Time how long it takes before you have to steady yourself by placing your other foot down or touching something.
- After a recovery period of a couple of minutes, repeat using the other leg.

##### **Watch the short video:**

##### **Exertion level:**

After an extended period the muscles in your leg will start to burn which is OK but STOP if there is pain anywhere.

##### **Regression:**

Stand a stretched arms length from a wall and use the tip of one finger to steady you, remove from wall whenever possible.

##### **Progression:**

Move the lifted leg around in a circular motion.

##### **Progress Tracking:**

Record the time taken for each leg.

Improvement will show as an increase in the time taken to complete the task. If necessary, record "finger used".

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### **Tips for Implementation:**

1. Practice a few days prior to testing yourself.
2. Ensure a safe environment to reduce the risk of injury.
3. Don't be disappointed in the time, it's your time for you to beat.
4. Do the all the tests on the same day one after the other with a 5 minute rest period between, it won't take long, maximum of 5 minutes a test, that's just 30 minutes including rest periods.
5. Use the Tracker to record your progress over time, noting any changes or challenges.

This Balance test and the previous two simple tests provide a clear record of overall fitness and can help set goals for future workouts.