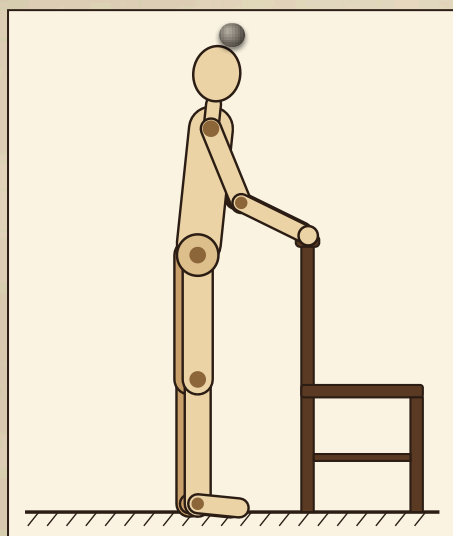


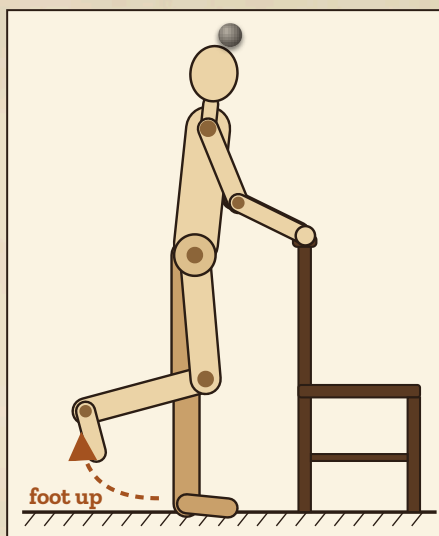


One-leg stand

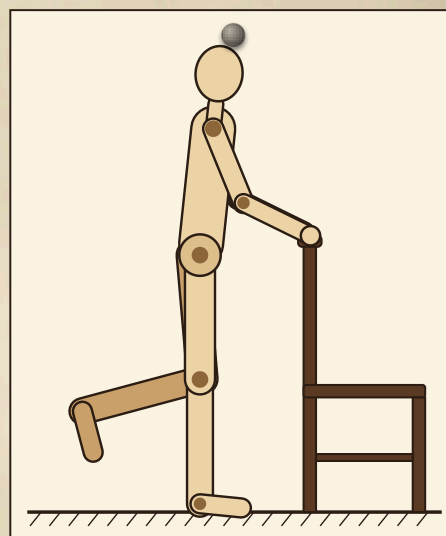
Good balance keeps you on your feet when the floor's uneven or you catch a toe. Hold a chair and build it up a few seconds at a time.

**1 Hold the chair**

Stand tall, weight even.

**2 Lift one foot**

Foot behind you, look ahead.

**3 Hold, then swap**

Ten seconds each side.

The beat

Lift one foot and hold for 10 seconds, then swap. 3 holds on each leg is one set. Build up to 30 seconds as you get steadier.

How to do it

1. Stand behind a sturdy chair and hold the backrest with both hands.
2. Stand tall, feet hip-width apart, weight even on both feet.
3. Shift your weight onto your right foot and lift your left foot behind you.
4. Hold steady for 10 seconds, looking straight ahead, then lower it gently.
5. Swap legs. Keep your standing knee soft, not locked.

Make it fit you

Easier

Just lift your heel and keep your toes down, or hold for 5 seconds.

Harder

Hold on with one hand, then a fingertip. Keep the chair within reach.

Safety

Have the chair right there every time. Dizzy or unsteady? Stop and sit.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/one-leg-stand/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.