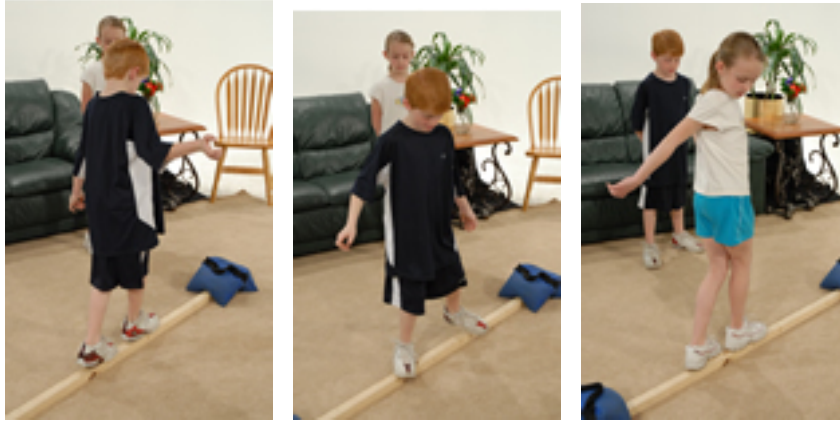


Balance Beam



- Place a 2”x2” board on the floor for older children, a 2”x4” for younger children, weighted at both ends for stability
- Make sure there is enough room on either side and at each end in case you fall
- To work on your balance, walk one foot in front of the other from one end of the board to the other
- For more of a challenge, walk backwards along the board
- Even more variety can be found by walking sideways, skipping, or walking blindfolded
- Walking on a board may be too challenging for some children/adults. Placing a long strip of duct tape on the floor can do the same thing, and allow for other activities such as cartwheels as well.
- It is recommended that children spend at least an hour of activity every day. It is also recommended that children do not spend more than an hour at a time sitting (watching tv, etc.)

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
