

Balance on a Cushion



- Stand on a fairly thick couch cushion with your feet together, focusing on your balance.
- When you are ready, pick one foot up off the ground, holding the other foot at knee height
- Shift your weight forward and back to identify your balance points, keeping your posture tall at all times
- Place your hands in front of your chest, or for more of a challenge, have a partner throw a basketball for older children, or a soft ball for younger children, to the person standing on the cushion to challenge their balance
- For even greater challenge, throw the ball from different angles to the person on the cushion.
- This exercise is excellent for children learning a sport such as basketball and volleyball, training both hand/eye coordination and balance on an unstable platform
- Repeat on the other side

- 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.
