

**Tree Pose (Balance)**

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- Stand with your feet together, focusing on your balance. It is best to be barefoot for this exercise
- When you are ready, pick one foot up off the ground and place the sole of your foot on the inside of your thigh
- Try to point your bent knee outwards to the side, engaging all of the muscles of both legs
- Place your hands in front of your chest, or for more of a challenge, place the palms of your hands together over your head
- Focus on keeping your posture tall and still; if you are wobbling too much, start over
- 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.)

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**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.

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