



# 30-DAY STRONGER BALANCE TRACKER



# STRONGER BALANCE 30-DAY GROUP CHALLENGE

All-day every day you have the opportunity to make your body, bones, and balance stronger!

For the next 30 days, you will focus on doing a posture every day with the intention of strengthening your balance.

Do what you can and track where you begin and then track your progress to see what is possible when you focus your mind on something.

Join us daily on Facebook at Healthy Bones Lifestyle and share your experience and progress with us.

I can't wait to be challenging my balance for the next 30 days!



# BALANCE

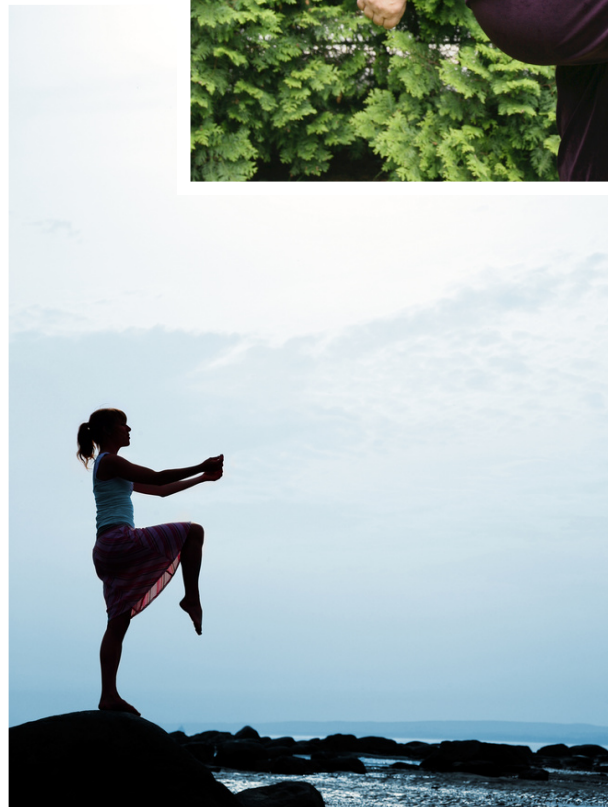
## CHOOSE A POSTURE

Balance is very important for people with bone loss or osteoporosis. Your eyes, ears, muscles, and joints all play an important role in maintaining your balance and preventing broken bones and you need to challenge them every day.

Balance not only requires equilibrium, but also good stability of the core muscles and the joints, particularly the hip, knee, and ankle.

Choose a posture to practice everyday so you can notice where there are challenges. This will give you the opportunity to know what you need to work on to improve your balance

Do what you CAN do and eventually you will be able to do more.



# BALANCE POSTURE EXAMPLE

Here is an example of how to choose a posture and modify it according to your needs. This is for Tree Posture which is a great posture that you may want to choose unless you have another one in mind.

## "VITAMIN T" OR TREE POSE

Step 1: Balancing on your foot, hold the pose for as many breaths or as long as you can then switch sides

- How many breaths or time did you take on the right?
- How many breaths or time did you take on the left?

Step 2: Level of challenge?

- Hard or easy?

Step 3: What did you notice?

- Take notes on your calendar

Step 4: Adding a challenge

- Start looking straight up to the sky
- Close your eyes

Keep Track every day to monitor progress

# 30 DAY CHALLENGE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

choose your posture:  
eg. tree pose gazing up to the sky



# MY PROGRESS



week 1

week 2

week 3

week 4

notes:



# NOTES♥







## What's next?

Ladies,

I look forward to participating in this Stronger Balance Self-Challenge with you! Balance is a huge aspect of healthy aging and bone health and we need to focus on this skill as we age.

Here are some questions you will be able to answer after 30 days. How did you do? Did you notice improvements? Challenges? Are there any new ah-has?

We lose many aspects of balance as we age and it is up to us to stay active and keep all aspects of our balance functional. When we do a challenge we force ourselves to focus on skill and try to make it better or stronger.

Good luck!

Debi Robinson



**debi robinson wellness**

Yoga Therapist & Health  
Coach

