

(Wellness Tips Ezine) First step to resolving balance problems



First step to resolving balance problems

Balance issues are common and have a variety of causes. In today's post I want to offer a piece of the solution that can make a big difference, even though there may be other causes that are also playing a role.



(If you cannot get the video to work, [please watch it here.](#))

What are some of the common causes of balance issues?

- inner ear problems
- vision problems
- low blood pressure
- diabetes
- migraines
- hip, knee, ankle, foot pain
- some medications
- leg muscles are too tight

And frequently these problems are stacked on top of each other, so one may need to unpack the problem one bit at a time. So, update your glasses, check your medications with your doctor, seek treatment for your leg pain - do what is possible for you.

Falls are no fun and can take a long time to come back from, so it is also worth taking the time to fall-proof your home.

- Take away the throw rugs and other tripping hazards.
- Put in the stability bars in the bathroom and wherever else you may need them.
- Use non-slip mats in the bathroom and maybe kitchen.
- Arrange the furniture so the walkways are straight.
- Make sure your home is well-lit.
- Keep a flashlight near the bed at night.
- Use the handrails on stairs.

No matter what your balance problem, there is something you can do starting right now that can make a difference over time. You can stretch your legs. The more range of motion you have in your ankles, knees and hips, the easier it is to catch yourself to prevent falls. You want to be like weebles - remember them? Weebles wobble but they don't fall down? You need to have slack in your leg muscles to be able to recover from being pushed off balance. Also, the wider you can spread apart your legs, the wider the base of support you have, which automatically makes it easier to balance.

If the stretches hurt, back off to the point they don't. If you can't find a pain-free way, the stretch is not for you. Listen to your body - it will tell you what you can handle and what you can't.

Please do keep the comments coming on my [blog](#). If you want to subscribe or search for other posts by title or by topic, go to www.wellnesstips.ca.



The Anti-Aging Exercise Solution

Do you have trouble with:

- * Stairs?
- * Getting up from the floor?
- * Lifting that case of wine from the trunk of the car?
- * Getting out of low car seats?
- * Shoulder-checking while driving?

Do you have annoying little pains and discomforts that bug you and sometimes interrupt your life?

What are 3 reasons why this happens?

- 1) We get too tight so we no longer have the range of motion required for the activity.
- 2) We become too weak to do the activity.
- 3) We may lack the stability to do the activity safely.

Are you ready to reverse this trajectory? Yes, you can regain function and become pain free!

The Anti-Aging Exercise Solution

addresses these issues by choosing exercises that increase flexibility and strength at the same time. There is a separate section on stabilization, and the concepts are integrated into the workout.

Detailed instruction ensures good form which results in better posture, taking years off one's age, and vastly improving joint health.

The DVD shows you:

- * How to regain or improve your strength and flexibility!
- * The key exercises that target and reverse common postural weaknesses!
- * A full body workout detailing correct technique and common mistakes to avoid.

The Anti-Aging Exercise Solution is a complete workout for the

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