



## Importance and Benefits of Balance Exercise in a Balanced Workout Routine

Vijaya Gurdol\*

Department of Sports and Exercise Sciences, Navodaya College of Physiotherapy, Raichur, Karnataka, India

### Introduction

Along with strength, stamina, and flexibility, balance exercise is one of the four forms of exercise. In an ideal world, a balanced workout routine will involve all four forms of exercise.

They don't have to be done every day, but variety keeps the body fit and safe while also making exercise fun. To keep your body active and safe and to keep your physical activity routine interesting, you can do a variety of exercises.

Power, stamina, flexibility, and balance can all be improved with a variety of exercises. Yoga, for example, will help you gain more balance, power, and flexibility. You can boost your balance by doing a variety of lower-body strength-training exercises.

Many things we do every day, such as walking and going up and down the stairs, need good coordination. Balance exercises can help avoid falls, which are a common concern among older adults and stroke patients.

Since weight is not always borne or distributed equally across the body, they may also help obese people. When standing or moving abruptly, a loss of balance may occur. We just aren't conscious of how bad our equilibrium is when we try balance exercises.

### How Often Balance Exercise is Needed?

Balance exercises can be performed on any given day or as many days and as often as desired. Balance preparation and standardized activities from a curriculum proven to minimize falls should be done 3 or more days a week for older adults at risk of falling. It's unclear if different combinations of activity type, number, or frequency will help people fall less. Consult your doctor if you believe you are at risk of falling.

Tai chi exercises can also aid in the prevention of falls. Exercises for balance, power, and endurance can all be combined.

### Balance Exercises that can be Tried

- Try standing on one foot for 10 seconds on either side or see how long you can stand on one foot.
- Take 20 steps from heel to toe. If you need additional support, lean against a wall.
- Walk naturally and as straight as possible.
- If standing on one foot is difficult for you at first, try the following progression to improve your balance:
- To support yourself, grab a wall or a comfortable chair with both hands.
- Next, just use one hand to hang on.
- Then just use one finger to hold yourself up.
- Once you've mastered balancing on your feet, try balancing without any assistance.

Examples of balance exercises are Yoga and Tai Chi.

Balance exercises can be done anytime or anywhere.

- When working in the kitchen, waiting in line, or brushing your teeth, try standing on one foot.
- Walk around the house or office from heel to toe.
- Yoga and Tai Chi do not necessitate the purchase of costly courses or supplies. To get started at home, look for an instructional book, DVD, or website. Free or low-cost courses may be available at local recreation centres and senior centres.

After a heart attack, some people are afraid to exercise. Regular physical exercise, on the other hand, will help you avoid another heart attack.

If you've had a heart attack or stroke, consult your doctor before beginning any fitness routine to ensure that you're on the right track.

\*Corresponding author: Vijaya Gurdol, Department of Sports and Exercise Sciences, Navodaya College of Physiotherapy, Raichur, Karnataka, India, E-mail: [jaya.dol@gmail.com](mailto:jaya.dol@gmail.com)

Received March 18, 2021; Accepted April 01, 2021; Published April 08, 2021

Citation: Gurdol V (2021) Importance and Benefits of Balance Exercise in a Balanced Workout Routine. J Nov Physiother 11: 460.

Copyright: © 2021 Gurdol V. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.