

COORDINATION EXERCISES FOR SENIORS

Improve Stability, Reflexes, And independent Living



What Is Coordination?

The capability to execute smooth, accurate, and controlled motor responses. Essential for independent activities like climbing stairs and cleaning.

15 Minute Combo Routine



Safety Tips

Footwear

Wear light, non-skid indoor shoes. Never practice barefoot.



Surroundings

Practice in an open, well-lit area. Ensure clear floor pathways.



Support

Keep a stable chair or table nearby for dynamic assistance.



Care & Progression

Build up gradually. Stay hydrated. Rest immediately if dizzy.



8 Simple Moves For Coordinated Agility

1) Ball Toss Balance : Balance on one leg while gently tossing and catching a tennis ball.

2) Contralateral March: Lift opposite arm and leg together for symmetry.

3) Walk, Toss, Catch: Walk and bounce a ball, using quick reflexes to catch it.

4) Sideways Steps: Controlled side steps, 10 in each direction, keeping hips level.

5) Squat & Focal Point: Perform squats while visually tracking a target or moving hand.

6) Heel-To-To Walk: Narrow-base tandem walk, engaging core.

7) One-Leg Stand: Lift one foot near a wall for ankle and leg stability.

9) Simple Grapevine: Lateral cross-steps with wall support as needed.

Progression Levels

- Beginner: Flat surfaces, use a chair for support.
- Intermediate: Uneven floors, multidirectional moves.
- Advanced: Multitasking with no external support.



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