

Balance Training for Men

Balance training may not be sexy or even particularly fun, but consistent application will create coordination and reduce your risk of balance-related injury. Perform these balance-building moves three to five times a week.

Squats

Stand with your feet shoulder-width apart. Bend your knees and imagine you are sitting down on a stool. Lower down until your thighs are parallel to the ground or as far as is comfortable. Keep your weight on your heels. Extend your arms forward or place your hands on a chair, counter or table for stability. Pause for a second or two, then rise back to the starting position. Do this up to 10 times.



Heel and calf raises

Stand with your arms crossed over your chest and raise your heels so you rise up on your toes. Hold this position for up to 10 seconds or as long as possible, and then lower your heels. Do this five to 10 times. If you need support, hold on to a door frame, a table or another sturdy object. You also can place your hands flat on a wall.

One-legged stands

Stand tall and place your hands on your hips or hold on to a table or chair for stability. Then raise one leg so your foot is about six to 12 inches above the floor. Keep your gaze straight ahead. Hold for 20 to 30 seconds. Repeat on the other leg. Switch back and forth three to five times.

Tai chi

The mind-body exercise of tai chi improves balance by transferring weight from one side to the other while you move your legs, arms and upper body. The slow, flowing sequence of movements also forces you to focus in order to perform the action accurately and remember what comes next. You can find tai chi classes at many community and senior centers. Want to try tai chi at home? Start with this [guide to top-rated online tai chi classes](#).

