

BETTER BALANCE CHALLENGE



Take the first step toward a stronger, more confident you this month with our Better Balance Challenge! Designed for anyone looking to enhance daily movement, lower the risk of falls and support long-term wellness.

Throughout the month, watch the suggested On-Demand videos and participate in LIVE classes and events. Take the suggested My Wellness Assessments and use our Pre & Post-test score sheets to track your progress to see how far you've come at the end of the month!

Click on the titles to open video links!

WEEK 1

9/1- 9/6

ON DEMAND VIDEOS

- TAKE MY WELLNESS ASSESSMENT- [STATIC BALANCE](#)
- TAKE [BETTER BALANCE CHALLENGE PRE-TEST](#) AND RECORD YOUR SCORES

LIVE CLASSES

- [HOW TO PREVENT FALLS AT HOME](#)
- [CENTER OF GRAVITY TRAINING](#)
- [EXERCISES TO IMPROVE STATIC BALANCE](#)
- [STRENGTH TRAINING FOR FALL PREVENTION WEEK #1](#)

- 9/2 CLUB CONNECTIONS: [ALL-IN-ONE BALANCE FOCUS](#)

WEEK 2

9/7 - 9/13

ON DEMAND VIDEOS

- [SENSORY TRAINING: VESTIBULAR SYSTEM](#)
- [SENSORY TRAINING: SOMATOSENSORY SYSTEM](#)
- [SENSORY TRAINING: VISUAL SYSTEM](#)
- [STRENGTH TRAINING FOR FALL PREVENTION WEEK #2](#)

LIVE CLASSES

- 9/11 [MEMORY IN MOTION | BRAIN GAMES](#)



WEEK 3

9/14-9/20

ON DEMAND VIDEOS

- GAIT & BALANCE TRAINING
- REACTION TIME FOR BALANCE
- PERIPHERAL VISION & BALANCE TRAINING
- STRENGTH TRAINING FOR FALL PREVENTION WEEK #3

LIVE CLASSES

- 9/14 MEMBER ORIENTATION & PLATFORM TOUR | SOCIAL CLUB
- 9/18 JEOPARDY | BRAIN GAMES

WEEK 4

9/21-9/27

ON DEMAND VIDEOS

- POSTURE CONTROL FOR BALANCE
- EXERCISES TO IMPROVE SINGLE LEG STANCE
- STRENGTH TRAINING FOR FALL PREVENTION WEEK #4
- BETTER BALANCE: WHAT TO DO AFTER A FALL

LIVE CLASSES

- 9/21 ASSISTIVE DEVICES CHECKLIST & COMMUNITY SAFETY | SOCIAL CLUB
- 9/25 FALL PREVENTION TRIVIA | BRAIN GAMES

WEEK 5

9/28-9/30

ON DEMAND VIDEOS

- STRENGTH TRAINING FOR FALL PREVENTION WEEK #5
- MARCHING REACTION TIMES
- BARRE FOR BALANCE | AIRED ON 4/6/22
- BETTER BALANCE CHALLENGE POST-TEST

LIVE CLASSES

- 9/28 HOME SAFETY CHECKLIST | SOCIAL CLUB
- 9/30 BARRE FOR BALANCE | CONNECT EVENT

POST CHALLENGE

- RETAKE MY WELLNESS ASSESSMENT- STATIC BALANCE
- TAKE BETTER BALANCE CHALLENGE POST-TEST
- COMPARE PRE AND POST-TEST SCORES
- CONTINUE TAKING LIVE FALL FREE BALANCE CLASSES AND VIEW ON DEMAND BALANCE PROGRAM OFFERINGS

Great Job completing the challenge and taking steps towards better balance!
If you are looking to improve your balance even more, feel free to continue watching the suggested videos or contact us for more information about our 12-Week Fall Prevention Program at connect@encorewellness.com

