

****Week 9: Strength Integration****

****Why Strength Matters for Balance****

Strength and balance go hand-in-hand. Strong legs, hips, and core muscles give your body the foundation it needs to stay upright, recover from missteps, and navigate daily life. This week's exercises blend strength and balance in simple, powerful ways.

****Your 3-Minute Routine - Every Day This Week****

1. Sit-to-Stand (1 minute)
2. Wall Squats (1 minute)
3. Standing Leg Lifts (1 minute)

"Strength gives balance its power. Build it to stay steady."

****Week 10: Balance and Breath Control****

****Why Breathing Affects Balance****

Controlled breathing calms your nervous system, centers your focus, and helps your body move more efficiently.

****Your 3-Minute Routine - Every Day This Week****

1. Grounding Breath (Seated or Standing) (1 minute)
2. Breath with Movement (1 minute)
3. Balance Hold with Breath (1 minute)

"Breathe deeply, balance gently. They belong together."

****Week 11: Everyday Balance Activities****

****Why Functional Movement Is the Goal****

Balance is most valuable when used in daily tasks like reaching, turning, and climbing stairs.

****Your 3-Minute Routine – Every Day This Week****

1. Reach and Grab (1 minute)
2. Step and Turn (1 minute)
3. Curb Practice (1 minute)

"Practice the movements life demands. Balance shows up in the everyday."

****Week 12: Personal Balance Test and Future Plan****

****Why This Week Matters Most****

This final week helps you reflect, test progress, and prepare your long-term plan.

****Your 3-Minute Routine – Every Day This Week****

1. Timed Single-Leg Stand (1 minute)
2. Sit-to-Stand Count (1 minute)

3. Eyes-Closed Balance Hold (1 minute)

"Balance is not a finish line—it's a lifelong companion."