

Balance exercises you can print

By the fitvee team · Last updated October 30, 2026

8 balance moves from our walking and chair plans.

Stand beside a wall, a counter or a sturdy chair, and keep a hand on it.

1 Chair side leg lift

Chair plan: 6 of 28 days.

- ① Stand up slowly and take one breath. Face the wall, about a forearm's length away, both hands flat on the wall at shoulder height. Or use a kitchen counter.
- ② Stand with your feet hip-width apart.
- ③ Breathe out and slowly lift your right leg out to the side, a few inches. Toes face forward.
- ④ Breathe in and lower it with control.
- ⑤ Do 8 lifts, then switch legs.

Easier: Keep your toes on the floor and slide the foot out and back. Or lift less.

Take care:

- Balance: keep both hands on the wall or counter. Choose the seated version on any unsteady day.
- Hips: keep the lift small.



2 Chair tree

Chair plan: 3 of 28 days.

- ① Stand up slowly and take one breath. Step to the side of your chair and rest one hand on the top of the chair back, or on the wall.
- ② Shift your weight onto your left foot. Keep the knee soft.
- ③ Rest the right toes on the floor, with the heel against your left ankle.
- ④ Lift your free hand up like a branch. Your other hand stays on the support.
- ⑤ Stay for 5 breaths. Put your foot down. Turn around slowly in small steps, one hand on the chair, so it is on your other side. Then repeat on the other side.

Easier: Face the wall with both hands flat on it.

Take care:

- Balance: hold on firmly. Choose the seated version on any unsteady day.
- Knees and hips: keep your foot at the ankle, never on the knee.
- Hip replacement: if you were told not to cross your legs, use the seated version with both feet flat and let one knee open gently to the side, or ask your surgeon or therapist first.



3 Weight shift

Walking plan: 8 of 28 days.

- 1 Face the wall, about a forearm's length away, both hands flat on the wall at shoulder height. Or use a kitchen counter. Feet hip-width apart, knees soft.
- 2 Breathe out and slowly move your weight onto your right foot, until it carries most of you.
- 3 Keep your head over your hips and your chest tall.
- 4 Breathe in and pour your weight back through the middle to your left foot.
- 5 Rock side to side 8 times, slowly.

Easier: Shift only an inch or two, with both hands on the support.

Take care:

- Balance: keep at least one hand on the wall, counter or chair back.
- Sensitive knees: keep the standing knee soft.
- Sensitive hips: shift a smaller way.



4 Tai chi walk

Walking plan: 19 of 28 days.

- 1 Choose a short route, such as a hallway, with a wall or kitchen counter close.
- 2 Stand tall with your arms relaxed and your knees soft.
- 3 Step forward with your right foot, landing on the heel first, and roll through the middle to the toes.
- 4 Move your weight forward only when your foot is down. Then step with the other foot.
- 5 Walk slowly for the time on your page. Turn at the end with small steps, not a pivot.

Easier: Walk along a counter or wall with one hand on it. Pause whenever you wish.

Take care:

- Balance: keep a wall or counter close. Choose a clear path with no rugs.
- Sensitive knees or hips: keep your steps short and your knees soft.
- Wear supportive, non-slip shoes.



5 White crane spreads wings

Walking plan: 10 of 28 days.

- 1 Step to the side of your chair and rest one hand on the top of the chair back. Or use the wall or a kitchen counter.
- 2 Shift your weight onto your left foot, with your knee soft.
- 3 Rest the toes of your right foot lightly on the floor beside your left foot.
- 4 Keep your left hand on the support and slowly lift your right arm up and out, like a wing, to shoulder height.
- 5 Hold for 3 breaths, then lower. Put your foot down. Turn around slowly in small steps, one hand on the chair, so it is on your other side. At the wall or counter, switch hands. Do 3 rounds each side.

Easier: Just rest your toes, without lifting the arm.

Take care:

- Balance: keep a hand on the chair back, wall or counter at all times.
- Sensitive knees or hips: keep the standing knee soft.



6 Golden rooster stands on one leg

Walking plan: 1 of 28 days.

- 1 Face the wall, about a forearm's length away, both hands flat on the wall at shoulder height. Or use a kitchen counter.
- 2 Shift your weight onto your left foot, with your knee soft.
- 3 Breathe out and lift your right heel, keeping the toes on the floor.
- 4 If it feels steady, lift your right knee a few inches, no higher. Keep your chest tall.
- 5 Hold for 2 breaths, then lower. Switch sides. Do 3 rounds each side.

Easier: Keep your toes on the floor and just lift your heel. Hold with both hands.

Take care:

- Balance: keep at least one hand on the wall, counter or chair back at all times, and never lift your foot high.
- Sensitive knees and hips: lift only your heel.



7 Heel to toe walk

Walking plan: 1 of 28 days.

- ① Stand beside a wall or counter, with the hand next to it resting on it. Feet hip-width apart.
- ② Place your right foot directly in front of your left, heel touching the toes.
- ③ Shift your weight forward onto the right foot.
- ④ Step the left foot ahead, placing its heel in front of the right toes.
- ⑤ Take 8 to 10 steps along the wall. At the end, stop, hold the wall with both hands and turn in small steps. Walk back with the other hand on the wall.



Easier: Keep your feet a little apart, like walking on a wider line, or pause between steps.

Take care:

- Balance: keep a hand on the wall or counter at all times. Use a clear path and non-slip shoes.
- Sensitive knees: keep your knees soft.
- Hip replacement: keep your feet a little apart instead of in one line, unless your surgeon has cleared it.

8 Side step

Walking plan: 1 of 28 days.

- ① Stand facing a counter, with both hands resting on it. Or face a wall, hands flat on it, and slide your hands along as you step. Feet together, knees soft.
- ② Breathe out and step your right foot a short way to the right.
- ③ Shift your weight onto it, then bring your left foot in beside it.
- ④ Take 4 steps to the right, then 4 steps back to the left.
- ⑤ Rest for a few breaths, then repeat.



Easier: Take 2 steps each way, with a short rest after each.

Take care:

- Balance: keep at least one hand on the counter and move along a clear surface. Do not cross your feet.
- Sensitive hips and knees: keep the steps small.

Stop any move that hurts. Stop and rest if you feel chest pain or pressure, dizziness, a racing or uneven heartbeat, or unusual shortness of breath. If it is severe or does not ease with rest, call 911.