

What Can I Do to Improve My Balance?



Have your hearing and vision tested regularly and correct any deficits as recommended by your audiologist or optometrist.

- Do exercises to strengthen your core (e.g., back, abdominal and leg muscle exercises).
- Take walks regularly. Consider meeting a friend to take a walk in a local park or walking your dog daily around your neighborhood.

Do simple balance exercises at home. For example:

- Try balancing on one foot while you're standing for a time. Use a table or counter for support if needed.
- Stand with your feet hip-width apart and slowly shift your weight to one side.
- Stand up from a seated position without holding on to anything.
- Getting seven to eight hours of sleep per night helps to increase your brain health. Seek medical care if you struggle to sleep or suspect you might have sleep apnea.
- Join a tai chi class.
- Attend a Silver Sneakers exercise class either in person or online or participate in another exercise program at your local gym, rec center or senior center.
- Try out gentle yoga exercises or chair yoga at home.

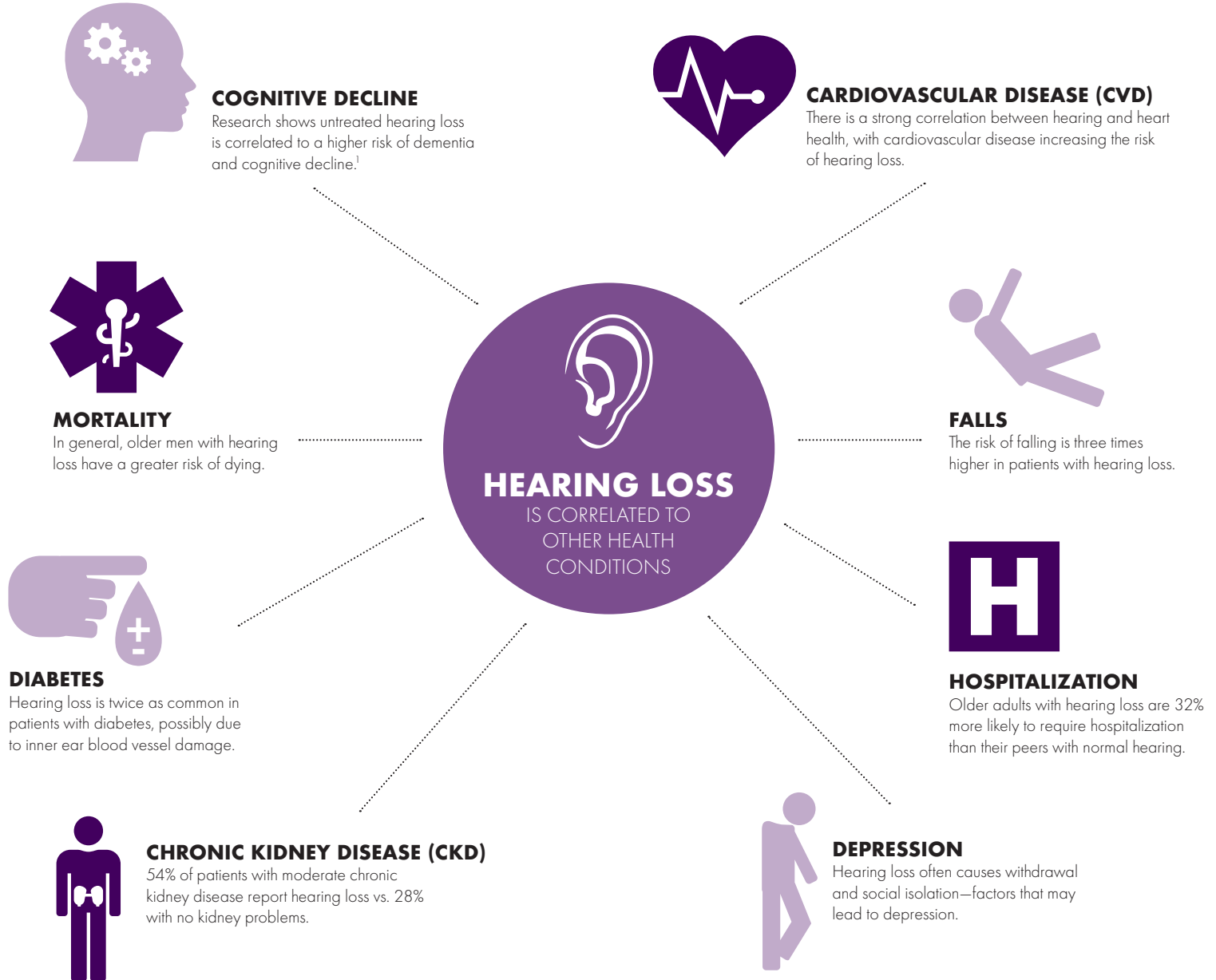
Consult a physical therapist to develop a personalized plan to improve your balance.



(817) 488-1637

The Bare Bones About Hearing Loss

There is a correlation between hearing loss and a variety of other health issues.



With prescription hearing devices, you receive comprehensive medical care and fitting expertise to help you hear your best. At Heard it Through the Grapevine Audiology, we provide exceptional ongoing care to our patients.

¹ Cantuaria ML, Pedersen ER, Waldorff FB, et al. Hearing Loss, Hearing Aid Use, and Risk of Dementia in Older Adults. *JAMA Otolaryngol Head Neck Surg.* 2024;150(2):157–164. doi:10.1001/jamaoto.2023.3509