

# VIRTUAL

# BALANCE CHALLENGE

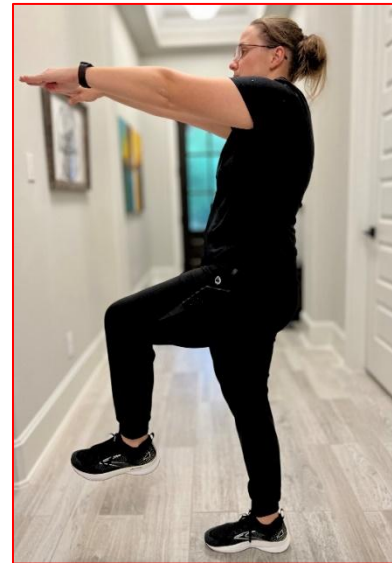
**Coming Sept. 8th**

**Let's Start Practicing!**

## Easy Level:

**Balance on one leg at 90°  
with eyes open**

Stand upright with feet hip distance apart. Focus your eyes on a focal point on the wall or floor in front of you. Lift one of the legs at 90 degrees in front of you and keep the foot flexed. Extend the arms and place them at shoulder height.



## Hard Level:

**Balance on one leg at 90°  
with eyes closed**

Same stance as level one, but with eyes closed. Remember to be close to a wall or chair to prevent fall.

**Hold Both Exercises as Long as you Can!**

Write your practice times here for the next 4 weeks								
	Level	M	T	W	T	F	S	S
Wk. 1	Easy							
	Hard							
Wk. 2	Easy							
	Hard							
Wk. 3	Easy							
	Hard							
Wk. 4	Easy							
	Hard							
Overall Best Time	Easy							
	Hard							

Email practice sheet at the beginning of challenge to [lauren.dufrene@bp.com](mailto:lauren.dufrene@bp.com) and be entered into a raffle prize!

**Challenge Starts Sept. 8<sup>th</sup>-21<sup>st</sup>**

**Use QR Code  
To Put Times When  
Challenge Starts**



Use QR Code  
For More Info

