

VIRTUAL BALANCE CHALLENGE

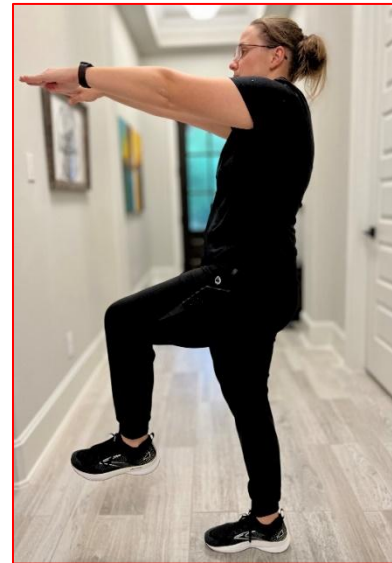
Coming Sept. 15th

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 and be entered into a raffle prize!

Challenge Starts Sept. 15th-28th

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



Use QR Code
For More Info

