

Why is balance training so beneficial for our overall health?

*Balance is the ability to control your body's position, whether stationary or while moving

Balance training is often neglected when people are developing their fitness regime, but it can be incredibly beneficial to your overall health and wellbeing. Government exercise guidelines now recommend that everyone over the age of 19 should perform two balance training sessions per week. These are some example of exercise training that would count towards this amount:

- Yoga
- Dancing
- Tai Chi
- Bowls
- Single leg training
- BOSU/Balance board training

Incorporating balance training into your exercise routine helps to maintain or improve your balance, which is needed to prevent falls and fractures. As we age, our balance can deteriorate, something we want to avoid.

Balance training will aid body awareness which will improve the sense of how your limbs are oriented in space, also known as proprioception. Improved body awareness can decrease the likelihood of injury and improve your skills at sports, reaction time etc.

Balance training can help to improve your coordination. Balance training requires your entire body to work together, otherwise you will fall or stumble. Improved coordination during balance training will be transferred into coordination in everyday life as well as your fitness or exercise routine.

Working on your balance can improve joint stability. Balance training promotes stable knees, ankles, hips, and shoulders. This can prevent a large array of injuries including sprained ankles and serious knee problems.

Balance training can improve your reaction time. This in turn will improve your reaction time in everyday life as well as sport/general exercising.

Maintaining your balance can be vital to a healthy, functional life. It is important to incorporate balance training into your fitness routine. If you need advice on where to start look at some of the options above or use our ExHALE balance training to give you some good examples/progressions for balance exercises.