



Therapeutic
Connection
PHYSICAL THERAPY AND WELLNESS

Courtesy of
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10 Sneaky Ways to Build Balance & Strength

No extra gym time needed—just weave these moves into your daily routine for better strength, stability, and longevity!



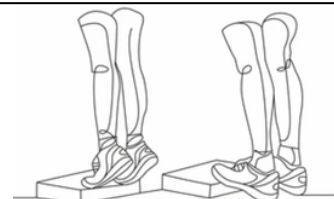
1. Brush & Balance

Stand on one foot while brushing your teeth.
Alternate legs or split time evenly.
Always be ready to tap down if needed.



2. Calf Raises at the Counter

Waiting for your tea or coffee?
Do slow calf raises on a step or flat ground.



3. Bathroom Wall Sits

After washing your hands, do a 30-second wall sit.
Great for quads, glutes, and endurance.



Want 1-on-1 Support on your Wellness Journey?

At Therapeutic Connection Physical Therapy and Wellness, I'll help you reach your balance & strength goals, and feel better fast. Book today:

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4. Laundry Squats

Add a squat while moving laundry.
Keep knees behind toes to protect joints.



5. One-Leg Kitchen Prep

While stirring or chopping, lift and hold one leg out to the side with toes pointed inwards. Engage your core and keep hips level.



6. Stairway Strength

Slow step-ups for a deep leg workout.



7. Sit-to-Stand Reps

Before sitting down, do 5 slow sit-to-stands. No hands!
Keep knees behind toes.



8. Tandem Stance Scrolling

Stand heel-to-toe while reading your phone ***if you can balance safely***
Hold your phone at eye level to avoid tech neck!

9. Leg Lifts at the Sink

While doing dishes, lift one leg behind you 10 times.
Turn toes in and lift leg to the side 10 times. Switch sides and repeat.

10. TV-Time Squats

During commercials, hold a wall sit or shallow squat. Keep your feet as far from the wall as possible. Focus on perfect form to protect your knees.

- 🌀 **Little movements, done often, create big change over time.**
- 🌀 **Balance isn't just physical — it's a daily practice of presence.**
- 🌀 **Strong today, steady tomorrow — Your Body Will Thank You!**