

Strike a Pose



How good is your balance? Though balance is easily taken for granted, it is of importance **at every age**:

One study showed that men and women ages 65+ had a 46% reduction in falls after improving their balance.

Studies also show that young adults that strengthen and maintain balance early in life, can prevent injury and slow natural physical deterioration as they age. Take action.

Try this yoga pose for improved balance: **Tree Pose**

Shift weight onto right foot. Bend left knee and place sole of foot as high as you can on right inner thigh – point toes. Raise arms overhead, relax shoulders. Repeat on left side.