

A little about myself and the goal of this book

I use “we” and “us” in this book a lot because I consider myself a senior who likes to stay active and healthy. I use the exercises in this book myself, because I too would like to stay stable and not fall. I am sitting on that chair flexing my toes or stretching my calf with you every step of the way. Working together to build and maintain a strong foundation by following a regular exercise routine will not only help us become more self-confident and comfortable in our bodies, but will also allow us to move through our days with more strength and ease. We are a community of health-seeking, senior exercisers, of which I consider myself a member, and I believe that if we have the physical ability and we persevere, we can become better balanced and pursue the activities we desire.

I hope readers/exercisers will become steadier on their feet as a benefit from completing these exercises on a consistent basis. However, please note that some exercises may not be appropriate for certain conditions or injuries. It is always important for us to consult our doctors before starting any new exercise regimen, particularly if we have conditions like osteoporosis, scoliosis, or other physical conditions among the many.

Embarking on any new exercise program can feel like a lot, but it is always worth it, even on the days when we do not feel like doing it. The more we do the exercises, the stronger we will become, and we may find ourselves looking forward to our workout as one of the best things we can do for ourselves and our bodies.

With our newfound knowledge and understanding about appropriate, effective exercises for good balance, I hope the benefits we derive go far beyond just the physical. I hope readers/exercisers not only feel more flexible and less stiff while having greater energy, but also experience a boost of confidence to live life fully and independently.