



The Chilmark Longevity Series #3

How to Train Your Balance

for sport and life

the long game
Jim Lobley, MA, CPT

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The Chilmark Series on Longevity



#1: Longevity: A Start-up Guide



#2: Mobility: Priming the Body for Movement



#3: How to Train Your Balance



#4: Smart Body - Healthy Brain: Movement for brain health



#5: Eating for Longevity



#6: Cracking the Stress/Sleep Code


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How I got interested in balance training




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Jim Klopman: Balance is Power



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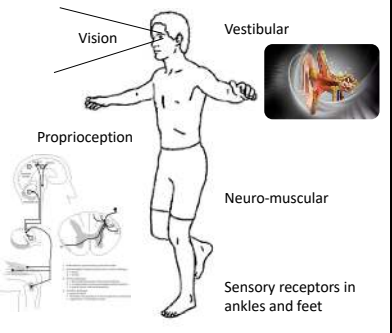
Why train your balance?

1. Prevent falls, and protect your body
2. Increase your physical awareness (embodiment)
3. Strengthen your feet, ankles, legs, hips, and core
4. Improve your athletic performance
5. Neurological component supports brain health: smart body – healthy brain!
6. It's fun!

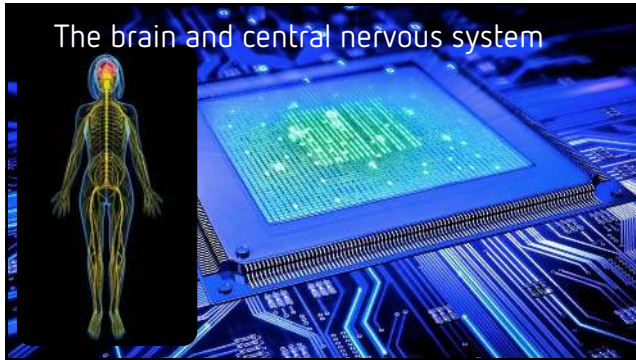


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Our complex balance system




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Key principles of balance:


- Balance is the result of the body correcting itself from falling off balance
- Balance is a dynamic and responsive process
- Balance training makes your body smarter, and more resilient



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Elements of balance training

1. Static vs dynamic balance
2. Awakening our sensory-motor system, esp in feet, ankles, and core
3. Balance and stability
4. Increasing instability
5. Working from periphery to core




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1. Static vs dynamic balance



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2. Awakening our senses



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3. Balance and Stability

Balance: keeping your body organized around its own center of gravity. Primarily neurological.

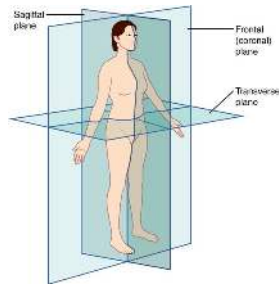
Stability: the ability to resist being thrown off balance. Primarily muscular. Stability anchors mobility.

Strengthening your stability will improve your balance.

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Three planes of movement/stability

- Lateral – side to side
- Sagittal – front to back
- Transverse or rotational



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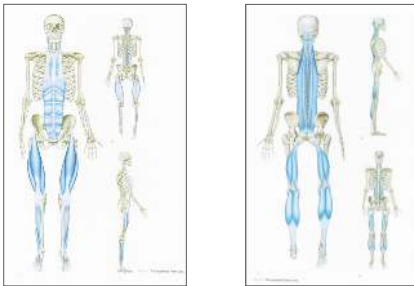
Lateral stability – side to side motion

- Exercises:
- Side planks (off floor or wall)
 - Side bends w/ resistance
 - Mini-band side steps w/ balance
 - Moving sideways w/ resistance
 - Samurai



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Sagittal stability – front to back motion



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Exercises for sagittal stability

- | | |
|---|---|
| <p>Front:</p> <ul style="list-style-type: none"> • Planks – variations • Any kind of “crunch” • Lower leg extensions • Seated balance • Standing chest press | <p>Back:</p> <ul style="list-style-type: none"> • Planks – variations • Superman/woman variations • Bridges – variations • Prone balance on Swiss ball • Standing rows |
|---|---|

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Transverse or rotational stability

- Exercises:
- Torso rotation w/ resistance
 - Resisted rotation (Paloff press)
 - Rapid side-to-side movement with soft med ball



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4. Increasing instability



As the body adapts to increasing levels of instability, it becomes stronger, smarter and more responsive.

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5. Relationship of periphery to core



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How to train your balance (from the ground up)

1. Activate sensory receptors in your feet
2. Work on ankle mobility
3. Keep your knees soft (slightly bent)
4. Strengthen the muscles around your hips and core
5. Practice balancing from your core

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How to train your balance (from the ground up)

6. Swing things around
7. Strengthen your front, back, and lateral lines
8. Practice quickness
9. Practice balancing in other dimensions
10. Increase the level of instability

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Balance score

- | 1 - 3 | 4 - 6 | 7 - 9 |
|--|---|--|
| <ul style="list-style-type: none"> • Activate your feet, work ankle mobility, and practice keeping your knees soft while standing. • Practice weight shifts side to side, front to back. • Swing a soft med ball around. • Practice single leg balance on balance pad while holding onto something. • Build strength in hips and core. • Practice quickness. | <ul style="list-style-type: none"> • Warm up by working ankle and hip mobility. • Swing a soft med ball with more full-body involvement. • Do core strengthening and balance work. • Practice balancing in horizontal position, on hands and knees and/or on Swiss ball. • Practice single leg balance on balance pad while moving arms and leg. | <ul style="list-style-type: none"> • Warm up with more vigorous soft med ball movements. Shift weight into balls of feet. • More vigorous core and back work. • Practice rapid weight shifts with balance. • Single leg balance on pad while playing catch. • Standing and rolling on inverted Bosu. • Practice sitting and balancing on the Swiss ball. |

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Next month's lecture:



The Chilmark Longevity Series #4

Smart Body – Healthy Brain:
Using movement to boost brain health

Wednesday, Dec 6

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Dynamic Flow - Full body mobility and balance practice – online

- Intro Level, Tues & Thurs mornings
- Ongoing, Wed & Fri mornings
- 8 – 8:30 am
- Register online at: thelonggame.coach/schedule



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Optional
online class:
Balance
Practice



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Contact me to be on mailing list

Text me your name and email address:

413-695-8766

or email me:

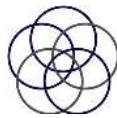
jlobley@gmail.com

Or log on to the website

www.thelonggame.coach

and click "Contact"

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