How to train balance safely after 65

Less holding on, harder moves. How to set up, when to let go, and what to do if you wobble.

Stage 2 asks more of your legs and your balance. Here is how to do it safely.

Why it matters

In a large review of studies in people over 60, balance and strength exercise cut falls by about a quarter. The moves in this plan are that kind of exercise.

Set up your space

- A kitchen counter or a heavy table for the balance moves.
- A solid chair with no wheels, against a wall.
- Flat shoes that fit well. No socks on a smooth floor.
- Nothing on the floor to trip on.

When to hold on less

Only when a move feels steady three sessions in a row. Then go from fingertips to hands ready, close to the counter.

If you wobble

Hold on. That is what the counter is for. A wobble means the move is working. Feel faint or dizzy? Stop and sit down.

Keep it for life

Strength and balance fade when you stop. After week 12, keep three days a week. A tai chi or balance class is a good way to keep going.

SOURCES

1. Sherrington C et al. (2019). Exercise for preventing falls in older people living in the community. Cochrane Database of Systematic Reviews.
2. NHS (2023). Balance exercises. nhs.uk.
3. NICE (2025). Falls: assessment and prevention in older people and in people 50 and over at higher risk (NG249). NICE.
4. US Preventive Services Task Force (2024). Falls prevention in community-dwelling older adults: interventions. USPSTF.

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