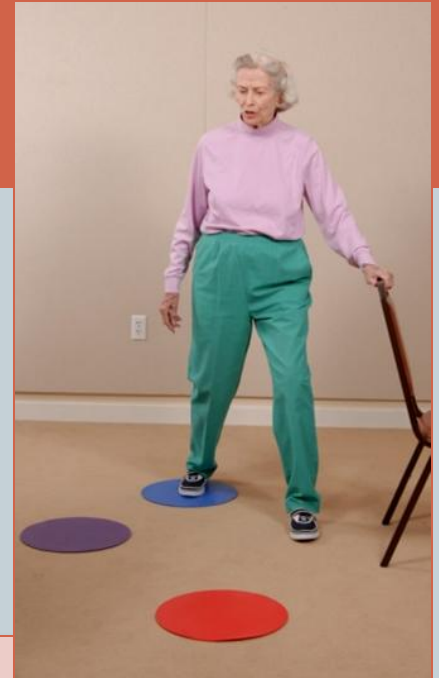
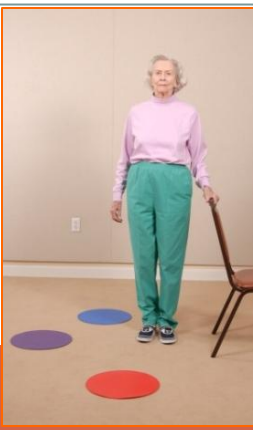


# Clock Stepping

## Get Ready

**Stand tall** beside sturdy chair or hand railing



## The Moves

Step out to side, then back to center, several times

Step to forward spot, then back to center, several times

Step backward, then back to center, cautiously, several times

## Be Safe

Use a sturdy chair or hand railing for balance safety

Stop or adapt activity if uncomfortable

**ABLE BODIES**<sup>®</sup>

Reprinted, with permission, from S Scott, 2008, ABLE Bodies Balance Training, (Champaign, IL; Human Kinetics)

