

Stretch for Balance

Gentle Exercises for Better Mobility and Balance

with Thanase Chatchawanchaisup, Licensed – Physical Therapist



This 6-week course, is designed to improve agility and balance and correct posture through gentle stretching and strengthening exercises. The course will be taught by trained professional physical therapists.

Balance is a crucial aspect of fitness that tends to decline with age. As you get older, your ability to balance diminishes, both statically and dynamically. Achieving and maintaining balance requires a combination of flexibility, strength, core stability, and agility.

Engaging in stretching exercises is an important starting point in addressing these physical components. Stretching not only improves balance but it also reduces the risk of injury caused by improper muscle use. It promotes muscle relaxation that rejuvenates the body and energizes the mind.

This class introduces effective stretching exercises designed for seniors with the goal of increasing flexibility, strengthening muscles, and improving movement. in order to improve your balance and reduce the risk of falls.

There will be both sitting and standing exercise according to the participant's physical condition. Anyone concerned about their mobility and balance is encouraged to join this group class of 10-15 participants.

Schedule:

Week 1	Assessment of Physical Performance & Balance Ability / Stretching Exercise.		
Week 2	Stretching Exercise	Strengthening Exercise	Balancing Exercise
Week 3	Stretching Exercise	Strengthening Exercise	Balancing Exercise
Week 4	Stretching Exercise	Strengthening Exercise	Balancing Exercise
Week 5	Stretching Exercise	Strengthening Exercise	Balancing Exercise
Week 6	Re-Assessments of Physical Performance	Advice for Stretching Exercises to do at Home	



**DATES: SATURDAYS, JULY 27;
AUGUST 3, 10, 17, 24, & 31**

TIME: 9:00 AM TO 10:00 AM

**COST: 1,500 THB FOR 6 SESSIONS
(includes honorarium for instructor)**

Location: Lifelong Learning Payap Center

Registration required at www.lllpayap.com