Better Balance

I conduct sports-clearance physicals by the dozens these days, and I notice that although most kids have endurance, they lack balance. Balance will save your child from twisting an ankle on uneven turf. Balance helps your child stay straight when she stops suddenly. I have long wondered the easiest way for kids to practice their balance. When I suggest spending time in yoga's "tree" or "half-moon" position, the kids all look at me quizzically.

Today a mom passed on to me a very simple balance exercise. Have your kids stand on one leg while they brush their teeth! Not as graceful looking as my yoga suggestions, but far more practical.

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