

Name \_\_\_\_\_

## Balance Bliss: Unraveling the Wonders of Balance Training

### Open-Ended Response Questions

1. Share a personal experience where balance training helped you prevent an injury or improve your stability in daily activities.
2. Describe a simple balance exercise that you can do at home without any equipment.
3. Discuss the importance of safety precautions during balance training and how they can prevent accidents.
4. Explain how balance training can benefit individuals of different age groups, from children to older adults.

