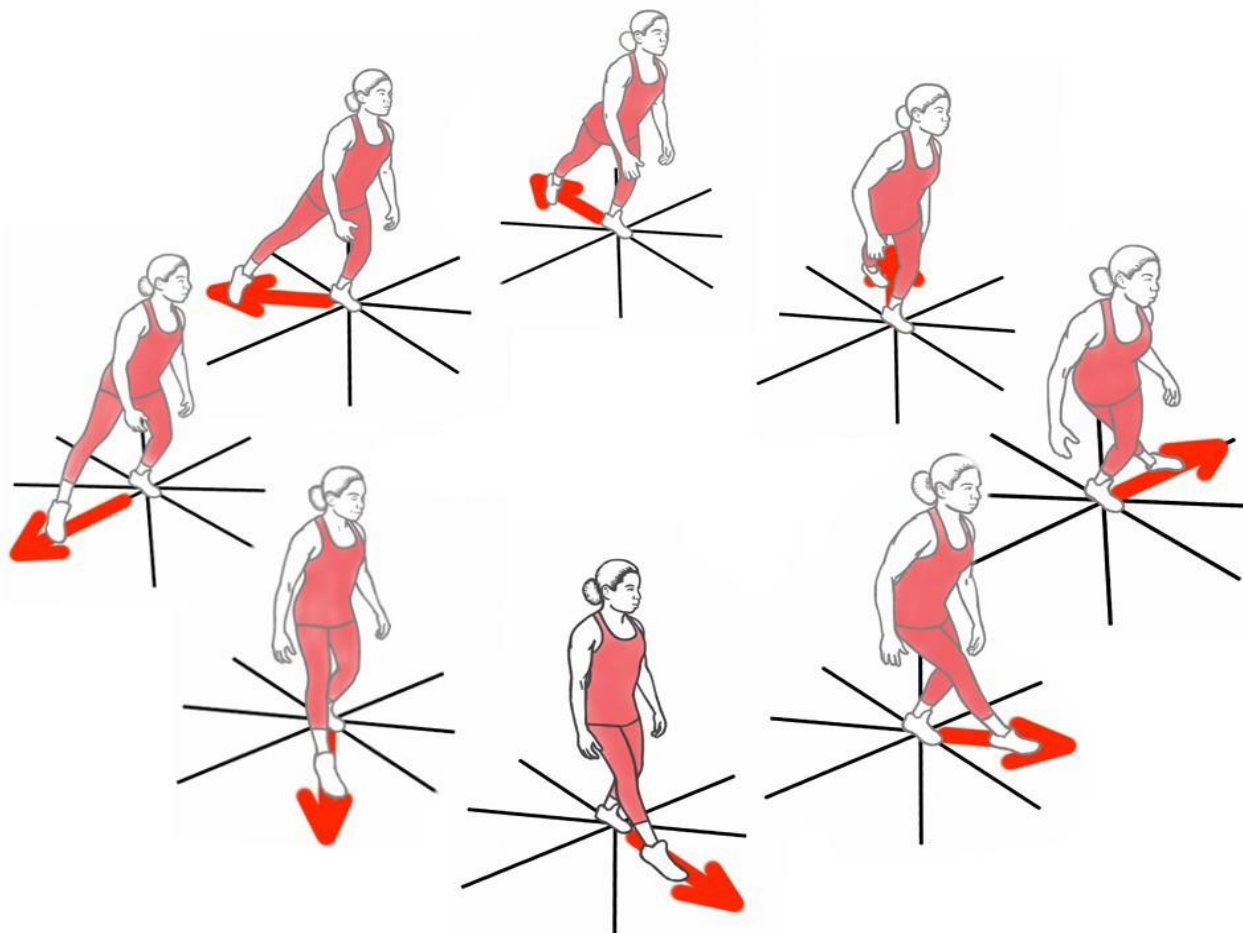


Active Health Solutions

Compass Reach



Stand on one foot and reach the opposite foot in every major direction according to a compass: North, East, South and West as well as Northeast, Southeast, Southwest and Northwest. This exercise will activate the hip, ankle and foot simultaneously and also test your body's ability to coordinate balance in eight different positions.

When reaching the foot in each direction, keep the foot as close to the ground as possible and return to the center position after each reach. Also, attempt to pause momentarily at the farther end of your reach to stimulate the neuromuscular system even more. Add a resistance band to increase difficulty.

Reach in all 8 directions 3-5 times with each foot.