



SPARROW
FUNCTIONAL FITNESS

5 Simple Balance Self-Checks You Can Try at Home

A quick self-check to help you move with confidence and stay steady

Created by Mandy Self-Sparrow

Founder of Sparrow Functional Fitness
Functional Aging Specialist | Personal Trainer
Former Occupational Therapy Assistant

Sparrow Functional Fitness | Huntersville NC | 704-703-7771

Strength • Balance • Mobility • Confidence

Why Balance Matters

Balance plays an important role in everyday life.

Standing up from a chair, walking across a parking lot, stepping over a curb, or turning quickly all require your body to coordinate strength, stability, and awareness.

Many people don't notice changes in balance until something feels unsteady.

These simple self-checks can help you get a quick sense of how your balance and strength are working together.

They are not meant to diagnose anything, but they can highlight areas that may benefit from attention.

Safety Note

These self-checks are intended for educational purposes only and are not a medical assessment.

Perform each test near a counter, wall, or sturdy chair so you can hold on if needed.

Move slowly and stop immediately if you feel dizzy, unstable, or unsafe.

If you have a history of frequent falls or medical concerns about balance, consult a healthcare professional before attempting these tests.

Balance Self-Check #1

30-Second Sit-to-Stand

What this checks: Lower-body strength needed for everyday tasks like getting up from chairs, toilets, and cars.

How to do it:

1. Sit in a sturdy chair.
2. Cross your arms over your chest if possible.
3. Stand up and sit down as many times as you can in 30 seconds.
4. Move at a steady, controlled pace.

My Score: _____ repetitions

What your result may suggest

- ✓ 15+ repetitions: Strong lower-body endurance
- ✓ 10–14 repetitions: Good, but strength could improve
- ✓ Under 10 repetitions: Building leg strength may help improve mobility and confidence.

Remember: strength can improve at any age.

Balance Self-Check #2

Single-Leg Balance

What this checks: Your body's ability to stabilize during walking, stairs, and stepping over obstacles.

How to do it:

1. Stand near a counter, wall, or sturdy chair.
2. Lift one foot slightly off the floor.
3. Try to hold the position without grabbing support.

Test both sides.

Right Foot: _____ seconds

Left Foot: _____ seconds

What your result may suggest

- ✓ 20+ seconds: Very solid balance
- ✓ 10–20 seconds: Moderate balance
- ✓ Under 10 seconds: Balance training may help improve stability

Small improvements here can make everyday movement feel much more confident.

Balance Self-Check #3

Tandem Stand (Heel-to-Toe)

What this checks: Your ability to stay steady with a narrow base of support, like walking in a straight line.

How to do it:

1. Stand near a counter or wall.
2. Place one foot directly in front of the other so the heel touches the toe.
3. Try to hold the position.

Goal: up to 20 seconds

My Score: _____ seconds

What your result may suggest

- ✓ 20 seconds: Excellent stability
 - ✓ 10–19 seconds: Moderate stability
 - ✓ Under 10 seconds: Balance may benefit from training
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Balance Self-Check #4

March-in-Place

What this checks: Dynamic balance and coordination during movement.

How to do it:

1. Stand near a counter if needed.
2. Slowly march in place.
3. Lift your knees comfortably and take 20 controlled steps.

Notice how your body feels while moving.

Ask yourself

- ✓ Did you wobble?
- ✓ Did you need to grab support?
- ✓ Did one side feel less stable?

These small clues can tell us a lot about balance and coordination.

Balance Self-Check #5

Step-Over Test

What this checks: Your ability to safely clear obstacles — something we do every day when stepping over curbs, toys, pets, or uneven surfaces.

How to do it:

1. Place a small object on the floor (a book, rolled towel, or shoe).
2. Slowly step over the object.
3. Step back again.

Repeat 10 times at a comfortable pace.

Notice

- ✓ Did you feel steady?
- ✓ Did you hesitate?
- ✓ Did you need support?

Obstacle stepping requires coordination, strength, and confidence.

What Your Results Mean

If one or more of these self-checks felt challenging, that does not mean something is wrong.

It simply means your body may benefit from improving:

- ✓ Strength
- ✓ Balance
- ✓ Coordination
- ✓ Confidence during movement

The encouraging part is that these abilities can improve with the right exercises.

Want the Next Step?

I created a simple program called:

The 4-Week Balance Reset

A guided plan designed to improve strength, stability, and confidence using short workouts you can do at home.

- ✓ 3 workouts per week
- ✓ About **15 minutes** per session
- ✓ Simple exercises using bodyweight or household items

Learn more about the 4-Week Balance Reset →

My Balance Self-Check Results

Test	My Score	Notes
Sit-to-Stand		
Single-Leg Balance		
Tandem Stand		
March-in-Place		
Step-Over		

If these self-checks felt harder than expected, the good news is that balance can improve.

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[Learn more here →](#)