

# RED SUN FITNESS PROGRAM

# BALANCE



## 1. BLIND STORK

- Stand on one leg, with one foot on the inside of your knee. Hands on hips.
- Shut your eyes.
- If either foot moves, stop.
- Record time up to 60 seconds.

| AGE   | BRONZE<br>(seconds) | SILVER<br>(seconds) | GOLD<br>(seconds) |
|-------|---------------------|---------------------|-------------------|
| 5-7   | 3                   | 16                  | 25+               |
| 8-9   | 5                   | 19                  | 30+               |
| 10-11 | 8                   | 25                  | 35+               |
| 12-13 | 12                  | 28                  | 38+               |
| 14-15 | 15                  | 30                  | 40+               |
| 16-17 | 20                  | 38                  | 50+               |
| 18-25 | 25                  | 43                  | 60+               |
| 26-35 | 20                  | 37                  | 50+               |
| 36-45 | 16                  | 32                  | 42+               |
| 46-55 | 13                  | 30                  | 40+               |
| 56-65 | 10                  | 25                  | 35+               |
| 65+   | 3                   | 15                  | 20+               |