

STEPS-2-BALANCE WEEK IDEA TEMPLATES
Presented by Dana's Flock - VeDA Ambassador Group



INDOOR FLOCK WALK: Circuit Style Balance Class

Created by: Dana Tress, vestibular PT, VeDA Ambassador & Flock Leader

Summary: This class is being held at a physical therapy clinic, but it could work in any open indoor space. The class was created to be a climate and safety-controlled alternative to walking outdoors with a large group of individuals with vestibular disorders. The class will be led by a Vestibular PT.

Cost For Participants: Free

Time: Clinic will open 30 minutes prior to the class. Class will last approximately 45 minutes.

Setup: Class will be set up in a circuit-style, with stations set up around the clinic. Exercise stations will alternate between a “walk in place” inspired exercise to celebrate Steps-2-Balance and a balance exercise. Participants will spend one minute at each station. Participants will complete 3 circuits during the class. Prior to class starting, the class instructor will demonstrate each exercise. Each station will also have a sign on it naming the exercise with a picture of the exercise. During the walk, be sure to take a lot of pictures and share on social media, being sure to tag VeDA and using the Steps-2-Balance Hashtags.

Exercise Stations in the Circuit:

- 1 Marching in Place
- 2 Tandem stance w/ head turns
- 3 Alternating foot taps on step
- 4 Grapevine
- 5 Standing HS curls (Butt Kicks)
- 6 Hip hinge cone taps (or SL deadlift if too easy)
- 7 Sidestepping over obstacle (back and forth)
- 8 SLS w/ 3-way taps
- 9 Walk up and down turf and move bean bags
- 10 Figure-8 Walk forwards and backwards

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Supplies Needed:

A way for participants to register prior to class, each participant must sign a waiver to participate in the class, Flamingo inspired give-away, water and fruit available for participants

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OUTDOOR FLOCK WALK

Created by: Dana Tress, vestibular PT, VeDA Ambassador & Flock Leader

Summary: A group walk through a local neighborhood or town to help raise awareness about vestibular disorders to celebrate Steps-2-Balance Week. The group can be comprised of healthcare professionals, individuals with vestibular disorders, and their family/friends/support people.

What You Do: Prior to the event, design an easy walking route in an area near you where you will likely run into other people. Have participants register for the walk so you know how many people will attend. Encourage participants on your walk to wear lots of flamingo gear (hats, shirts, leggings, headbands, etc.). Provide water if you can for your participants. Warm up together as a group, and then head out for your walk. As you walk, talk to people that you come across about vestibular disorders, VeDA, and Steps-2-Balance. If you want, use resources on VeDA's website to create small business card size handouts that have QR code that will take them to VeDA's website where they can donate money and learn more about vestibular disorders. During the walk, be sure to take a lot of pictures and share on social media, being sure to tag VeDA and using the Steps-2-Balance Hashtags.

Supplies Needed: A waiver for participants, things to hand out to the public as you walk, water, a plan in case of inclement weather the day of your event (maybe move it indoors somewhere).

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VeDA Table At Healthcare Provider Office

Created by: Pat Filipek & Marissa Aldrete; VeDA Ambassadors and Dana's Flock Members

Summary: Promote awareness about VeDA and vestibular disorders at your healthcare provider's office (or other place you frequent). This could be at your primary care physician, neurologist, ENT, neuro-ophthalmologist, physical therapist, massage therapist, nutritionist, gym, etc.

What You Need:

1. Ask for permission from the office manager or healthcare provider to set up a table for Steps-2-Balance Week, explaining what it is
2. Download handouts and information from VeDA's website to stock the table
3. If you want, you can have things for people to take (pens, pencils, stickers, etc)
4. You can spend time at the table to interact with people coming into the office to explain who you are and what you are doing, sharing information about vestibular disorders and VeDA

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Decorating a Healthcare Office For Steps-2-Balance Week

Created by: Dana Tress, Vestibular PT, VeDA Ambassador and Flock Leader

Summary: Flamingos make conversations happen! During Steps-2-Balance Week, my clinic is decorated with as many flamingos as I can find along with information about balance and vestibular disorders to help raise awareness.

Ideas for Decorations:

- I put up footprint shaped wall decals around the clinic. On each footprint, I wrote an idea of a step that someone can take to have better balance
- Photo booth with Fiona the Flamingo: Have people strike their best balance pose like a flamingo; have flamingo hats, sunglasses, headbands and pink boas for them to use for their picture. Compile them at the end of the week for social media reel
- Have balance stations set up around the clinic where people can check their own balance and see how they perform
- Have vestibular disorder fact sheets around the office
- Have the team wear flamingo/pink one day to raise awareness
- Get creative!!!