

STANDING CONFIDENCE: BALANCE, STRENGTH & STABILITY

MOBILATES MOVEMENT GUIDE

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YESTERDAY

WHO THIS GUIDE IS FOR

This guide is designed for people who are able to stand with or without support and would like to improve confidence, balance, strength, and stability with everyday movement.

It may be helpful if you:

- Feel unsteady or less confident standing or walking
- Have become less active due to pain, fatigue, illness, or reduced mobility
- Want to improve balance and lower body strength gently
- Prefer supported exercise that can be adapted to suit your energy levels and ability
- Have progressed from bed, lying and seated movement

You do not need previous experience with Pilates or exercise. All movements can be adapted, and support can be used throughout the session whenever needed.



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MOBILATES MOVEMENT GUIDE



INTRODUCTION

Mobilates is a gentle, adaptable approach to movement designed to support people of all ages and abilities. It combines Pilates-inspired exercise, balance work, functional movement, and mindful pacing to help improve confidence, strength, and stability in everyday life.

These guides are designed for people who may be living with long-term health conditions, pain, fatigue, reduced mobility, or changes in confidence with movement. You do not need previous exercise experience to begin, and every exercise can be adapted to suit your body and how you feel on the day.

This guide focuses on supported standing exercises to help improve balance, posture, lower body strength, and confidence with upright movement.

Many people experience reduced confidence with standing and walking after illness, pain, fatigue, injury, dizziness, or long periods of inactivity. Some people may also worry about falling or feeling unsteady when upright.

These exercises are designed to be gentle, adaptable, and supportive. You are encouraged to use a stable chair, kitchen counter, wall, or other support whenever needed.

Mobilates focuses on choice, control, and gradual progress rather than pushing through discomfort. There is no expectation to perform movements perfectly. Small movements, regular practice, and building confidence gradually are all valuable.

HOW TO USE THIS GUIDE

- Start with the simplest version of each exercise
- Use a stable support nearby whenever needed
- Move slowly and within a comfortable range
- Take breaks whenever needed
- You do not need previous experience with exercise or Pilates
- Small amounts of movement are still beneficial. A guided video session is available via the QR code at the end of this guide to support you if you would like to follow along.

PREPARING FOR STANDING MOVEMENT

Before you begin, you may wish to:

- Stand near a stable chair, kitchen counter, wall, or sturdy surface for support
- Exercise barefoot or wear grippy/yoga socks if this feels safe and comfortable for you
- Ensure the floor area around you is clear of trip hazards
- Keep a drink of water nearby
- Allow yourself space to pause and rest between exercises
- Wear comfortable clothing that allows you to move freely. If standing for long periods feels difficult, you can pause, sit down, or adapt movements as needed throughout the session.

STANDING CONFIDENCE – CORE MOVEMENT EXERCISES (FLOW CLASS VERSION)



1



Standing Centring, Alignment & Breath

What it helps with: Establishes posture, grounding, and connection to breath before movement.

How to do it:

- Stand with feet hip-width apart and grounded into the floor. Allow knees to be soft, not locked. Lengthen through the spine as if the head is gently lifted upwards. Soften shoulders away from the ears
- Bring awareness to your breath. Inhale through the nose, feeling the ribs widen. Exhale through the mouth, allowing the body to soften and centre
- Let the breath become steady and natural. Notice weight evenly distributed between both feet

Make it easier: Stand close to a chair or wall for support and allow more body weight to rest through your hands if needed.

2



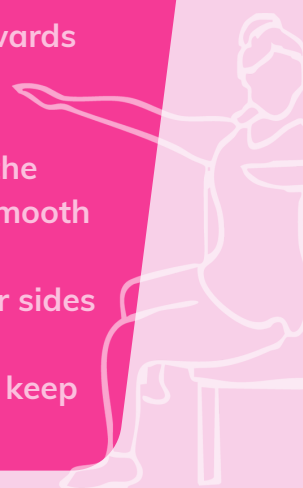
Standing Upper Spine Mobility (Head, Neck & Shoulders Flow)

What it helps with: Releases tension and prepares the upper body for coordinated movement.

How to do it:

- From your centred position. Gently lower the chin towards the chest. Slowly return to centre and lift the gaze slightly
- Let the head softly tilt side to side, ear towards shoulder. Return to centre between each movement
- Allow shoulders to gently lift up towards the ears. Roll them backwards and down in a smooth circular motion
- Let the arms soften and feel heavy by your sides

Make it easier: Reduce range of motion and keep movements smaller and slower.



3

Standing Spinal Articulation (Flexion & Extension Flow)

What it helps with: Improves spinal mobility, control, and posture awareness.

How to do it:

- Inhale to prepare in your tall standing position
- Exhale as you gently tuck the chin and begin to roll the spine forward. Let the upper back soften slightly into a small forward curve
- Pause briefly at your comfortable range
- Inhale to slowly stack the spine back up. Return to tall standing one vertebra at a time. Gently lift the chest without over-arching the lower back
- Repeat slowly, focusing on control and smooth movement

Make it easier: Reduce range and keep hands supported on thighs or a chair.



4

Standing Spinal Rotation (Controlled Twist)

What it helps with: Improves rotational mobility and trunk control.

How to do it:

- Return to centre Inhale to prepare
- Exhale as you gently rotate the upper body to one side. Keep hips facing forward and stable. Inhale back to centre. Exhale rotate to the other side
- “Move smoothly, as if the spine is turning within the body rather than forcing a twist”

Make it easier: Use a smaller range or allow hands to stay supported on a chair.



5



Standing Lateral Flexion (Side Body Flow)

What it helps with: Opens the side body and improves rib mobility and breathing capacity.

How to do it:

- From centre, inhale and reach one arm overhead
- Exhale as you gently lean to the opposite side
- Feel the side of the body lengthen
- Inhale whilst leaning over and then exhale to come back to centre
- Repeat on the other side
- Allow movement to stay smooth and continuous

Make it easier: Keep hand lower or only perform a small side shift.

6



Standing Weight Transfer (Centre to Stability)

What it helps with: Builds balance confidence and controlled weight shift.

How to do it:

- Return to centre Gently shift weight into one foot Allow the other foot to feel lighter without lifting fully
- Return through centre Shift to the other side
- Then gently explore small forward and backward weight shifts
- Keep breath steady and movement slow

Make it easier: Hold onto support and reduce range.



7



Standing Foot & Ankle Activation Flow

What it helps with: Improves circulation, balance awareness, and lower limb activation.

How to do it:

- Lift both heels gently off the floor. Lower with control
- Then shift weight into one foot and gently lift the opposite heel
- Add slow circular ankle mobility if comfortable, feeling movement through the whole foot
- Repeat both sides with control and awareness

Make it easier: Hold onto support throughout and reduce height of heel lift.

8



Standing Functional Leg Movement (Controlled Mobility)

What it helps with: Builds coordination, stability, and functional lower body control.

How to do it:

- Shift weight into one leg. Gently slide the free leg forward and back in a small range
- Then explore a small side reach and return
- Keep pelvis stable and movement controlled through the standing leg
- Repeat both sides

Make it easier: Hold support and reduce movement range significantly.



9



Heel-to-Toe Weight Shift

What it helps with: Helps improve balance, coordination, walking confidence, and controlled weight transfer.

How to do it:

- Stand behind a sturdy chair or near a wall for support
- Step one foot slightly in front of the other in a comfortable walking stance
- Gently shift weight forwards towards the front foot, allowing the heel to roll towards the toes
- Then slowly shift weight back again
- Keep the movement smooth and controlled
- Allow the body to stay tall and relaxed
- Repeat slowly before changing which foot is in front

Make it easier: Keep movements very small and use both hands for support.



SAFETY & MOVEMENT GUIDELINES

- Move only within a comfortable and controlled range
- Use support whenever needed
- Stop if pain increases, becomes sharp, or feels unsafe
- It is normal to have both higher and lower energy days
- Gentle movement is still beneficial, even in small amounts

If you are unsure whether exercise is suitable for you, seek advice from a healthcare professional

TAKING CARE WITH POSITION CHANGES

Some people may feel dizzy, light-headed, unsteady, or less confident when standing, balancing, or changing position.

If this applies to you:

- Move slowly and take pauses between movements
- Keep a stable chair, wall, or support nearby throughout the session
- Stand with feet comfortably grounded and avoid rushing movements
- Pause after changing position if needed
- Sit down and rest if symptoms increase

It is completely okay to remain seated for part of the session, use extra support, or take breaks whenever needed.

SUPPORT FOR LONG-TERM CONDITIONS

If you are living with a long-term health condition such as Ehlers-Danlos Syndrome (EDS), Osteoarthritis, fibromyalgia, chronic pain, fatigue conditions, dizziness, balance difficulties, or long-term reduced mobility, you may find our additional resources helpful.

- Exercise with Chronic Health Conditions Series:
<https://www.mobilates.com/blog/categories/specific-conditions>
- Spotlight on Classes Series:
<https://www.mobilates.com/blog/categories/spotlight-on-classes>
- Bed, Seated, and Managing Pain and Long Term Health Conditions Mobilates guides (full progression series) These resources explore how movement can be adapted safely and sustainably for different health needs.

TRY A GUIDED SESSION

Scan the QR code to access a gentle Standing Mobilates session you can follow at home. This session mirrors the movements in this guide and allows you to move at a slow, supported pace with guidance throughout.

