

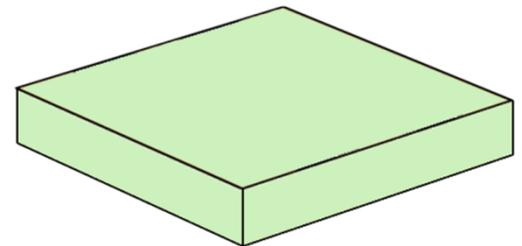
# Where to Buy Equipment

The *StandingTall* program requires some equipment to add variety to the sessions and progress your exercises as your balance improves. Below are some suggested stockists if you are interested in purchasing the step box and/or foam. Check their website or contact your local store for stock availability.

***Remember that anything located on the floor is a potential tripping hazard. Be careful when stepping around and onto the foam and step.***



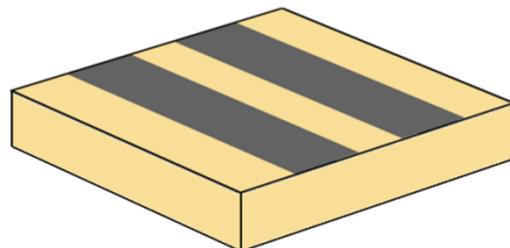
**Foam:** should have dimensions of at least 65x65cm, and medium density of 3" 29/200 or 35/200. If you are purchasing the foam ask them to cut it to size. Alternatively, you could use a towel folded 2-3 times, lounge cushions or a pillow. Please note: when introducing unstable surfaces to the exercises, a suitable support (such as a chair or kitchen bench) should be within reach for safety purposes. You should also use the support when stepping on and off the foam.



- The foam is designed to create an unstable surface (compared to standing on solid ground) to challenge your balance.
- Take extra care and use your support when stepping on and off the foam and always have a chair or support nearby for safety purposes.
- Always place the foam on a flat surface where it won't slip, or use non-slip material underneath the foam.

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**Step:** should have dimensions of at least 35x35cm and a height of approximately 15cm. People who have any chronic injuries, lower limb joint pain or orthopaedic limitations (such as knee pain or are due for a knee replacement) may require a lower height step of around 10cm. An adjustable step is recommended to allow for progressions and regressions throughout the program.



Ideally, the box should be sturdy and have an anti-slip surface.

- Steps with adjustable heights can be purchased, and are recommended for the program
- Always be careful when stepping on and off the box
- Always place the step on a flat surface where it won't slip, or use non-slip material underneath the step

## Suggested stockists

### Foam

Bunnings

Clark Rubber

The Foam Booth

### Step Box

Rebel Sport or other sporting goods store

Target

K-mart

Big W