

EXERCISE FOR *Balance*

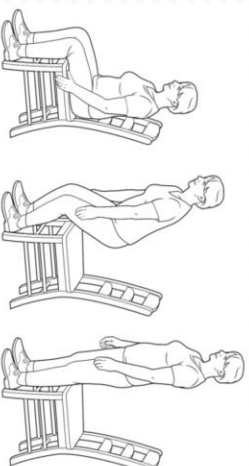
FALLS DO NOT HAVE TO BE A NORMAL PART OF AGING.
 TRY THESE EXERCISES TO IMPROVE YOUR BALANCE
 YOU CAN DO THIS!

01

CHAIR RISE EXERCISE

Weakness makes you 2.6 times more likely to fall.

Try this exercise to get stronger!

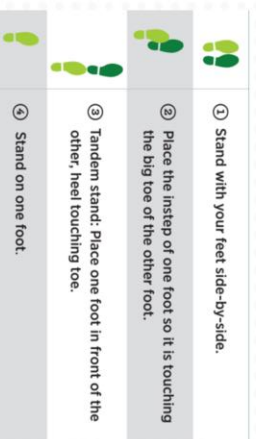


- **DESCRIPTION:** Start sitting in a chair and move to standing. Start by using your hands. Over time, if able, complete without using your hands.
- **REPS:** complete as many as you can with good form and slow speed.
- **FREQUENCY:** 3 times per week.

02

BALANCE EXERCISE

Evidence has shown that the best way to improve your balance is to **PRACTICE** balance.



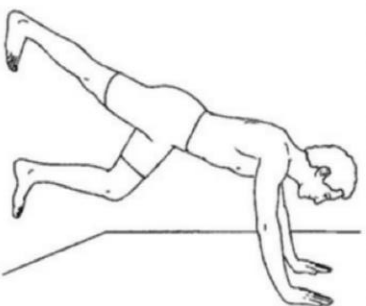
- **DESCRIPTION:** Pick a Balance Position (Listed to the Left) that is a challenge but that you can complete safely. **NOTE:** Complete this exercise next to a stable surface, such as a counter top.
- **REPS:** hold for 60 seconds
- **SETS:** repeat 1-3 times
- **FREQUENCY:** daily

03

CALF STRETCH

Good flexibility in your calf is important for walking.

It can prevent you from catching a toe and tripping.



- **DESCRIPTION:** Press your hands against the wall or place them on a counter top. Plant your back foot as pictured.
- **REPS:** complete 3 times with the right foot back and 3 times with the left foot back.
- **HOLD:** 30 seconds each
- **FREQUENCY:** daily

Images from: Centers for Disease Control STEADI toolkit: <https://www.cdc.gov/stead/>

Find more Falls Prevention information and resources at www.knowfallsforme.org



Falls Prevention Awareness

Know Falls for ME

FIND YOUR FALL RISKS

W T D C U I K M P U C T B Y O
 W M O L E W S E O K O D L Y U
 T H J U F I D D O U Y I E U T
 R U O T T N I I R N R Z O E P
 T L H T O N S C F S A Z C P O
 H R U E C O T A L A Z I K T O
 R R R R B H R T E F A N H J R
 O J R F R A A I X E A E N K L
 W O Y I T N C O I S A S H M I
 R R I R I D T N B H I S N F G
 U W N K H R I S I O G K Z O H
 G W G K G A O H L E M R C O T
 S Z J F V I N C I S A W N A I
 X U E T I L F E T G L G U E N
 F F P E T S G U Y J Q A T Y G

PETS	POOR LIGHTING	DIZZINESS
CLUTTER	NO HANDRAILS	UNSAFE SHOES
MEDICATIONS	DISTRACTION	ICE
HURRYING	POOR FLEXIBILITY	THROW RUGS

Did You Know?

- Falls are Common**
1 in 4 adults over 65 falls each year
- Falls Are Preventable**
Falling does not have to be a “natural part” of aging!

Simple Steps to Prevent Falls

Exercise: Engage in physical activity to strengthen your legs and balance. Flip this page for exercises you can try today!

Talk to your doctor: Let him or her know about your concerns, discuss medications, ask to be screened for fall risk.

Home Safety: Small changes can make your home more safe – proper lighting, reduced clutter, and grab bars in helpful places.

Have your vision checked: Make sure your glasses prescription is up to date, improving your vision reduces your fall risk.

Keep your eye on the ball: In other words, be aware of your body, your surroundings, and avoid rushing or multi-tasking.

This information was brought to you by the Maine Falls Prevention Coalition

For more information and resources visit: www.knowfallsforme.org