



Stay Independent. 
Prevent Falls.

- » **Be active to improve your strength and balance.**
- » Older adults with muscle weakness are 4-5 times more likely to fall.
- » Try to do 30 minutes or more of physical activity at least 5 days each week.
- » Walking, dancing, Tai Chi, and cross-country skiing are just a few great ways to be active.



BE ACTIVE



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