

CHALLENGE YOUR BALANCE & BUILD STRENGTH

Stay Independent.
Prevent Falls.

Every year, 1 in 3 Alberta seniors will fall. The good news is that there are actions you can take to prevent falls.



As you age, your risk of having a fall increases. Keeping your legs strong and maintaining good balance is the best way to reduce your chances of having a fall.

No matter what your abilities are today, you can improve your strength and balance...

- » Begin with exercises and activities you can do confidently and, as you improve, move on to more difficult moves. Try a fitness class.
- » Plan to work on strength and balance at least 3 times per week.
- » Aim for 30 minutes or more of moderate-to-vigorous activity or exercise at least 5 times per week.
- » Modify your routine to fit the seasons, travel, or life events.

Try activities or sports like:

- ☒ Tai chi
- ☒ Dancing
- ☒ Pickleball
- ☒ Yoga
- ☒ Badminton



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CHALLENGE YOUR BALANCE

Regularly do exercises and activities that challenge your balance. Start with safe movements you can do easily. Practice an exercise until it becomes easy, then progress to ones that are more difficult.

To improve your balance, try:

- ☒ Reaching while standing
- ☒ Toe and heel raises
- ☒ Stepping in different directions
- ☒ Step-ups or half-squats

BUILD STRENGTH

Develop a routine of resistance exercises focussing on your legs.

Start with movements that you can easily repeat 10 to 15 times with good form. Once you can do 15 repetitions, add more resistance using weights, body weight, or resistance bands.

For safety, do these exercises with a sturdy chair, countertop, or wall within reach for support.

To build strength, try:

- ☒ Squats
- ☒ Side leg lifts
- ☒ Hamstring curls
- ☒ Sitting and standing from a chair

Talk to your doctor or healthcare provider before you start a new exercise program.

LOCAL CONTACT INFORMATION

Sources available upon request.

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