Are you at risk of a fall? The good news is there are actions you can take to prevent a fall...

> ✓ Challenge Your Balance

✓ Build Strength

✓ Be Active

Stay Independent.



Finding Balance is a seniors' falls prevention program developed and promoted by the Injury Prevention Centre.

Injury Prevention Centre 780.492.6019 ipc@ualberta.ca findingbalancealberta.ca

The authors and advisers of the exercises in this program accept no liability. All content is provided for general information only, and should not be treated as a substitute for the medical advice of your own health care provider or any other health care professional. Health care professionals using these exercises do so at their own risk. The authors do not know you, your medical conditions or physical fitness and cannot give advice tailored to you, your medical condition or physical function. The authors cannot guarantee the safety or effectiveness of this program of exercises for you. Any noticeable changes in health, pain, mobility or falls should prompt a visit to your health care provider. Always consult your health care provider before starting a new program.

Funding provided, in whole or in part by Alberta Health. Provision of funding by Alberta Health does not signify that this project represents the policies or views of Alberta Health.



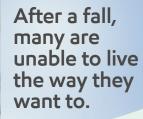


Could a fall change your lifestyle?





1 in 3 older **Albertans will** fall each year.









findingbalancealberta.ca

You can reduce your chances of falling

Challenge Your Balance

- Balance is controlling your movements.
- Practice movements like reaching while standing, toe and heel raises, stepping in different directions, step-ups or half-squats.
- Try tai chi, yoga or sports that challenge your balance.

Build Strength

- Do exercises for your leg muscles.
- Use bands, weights or your own body weight.
- Try squats, hamstring curls, and side leg lifts.

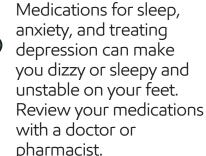
Be Active

- Do activities you enjoy!
- Try to do 30 minutes or more of moderate to vigorous activity or exercise at least 5 times per week.
- Walk, dance, garden, bicycle, or swim.

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

- Include strength and balance activities on most days of the week.
- Supervised group programs can help you learn exercises and grow confidence.
- People with strong legs and good balance are less likely to fall.
- You're never too old, or too young to start.

every year for changes to your eyesight, cataracts, and other conditions.



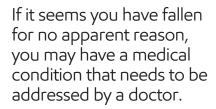
Have your vision checked



Supportive footwear and foot care can ease foot pain. In the winter, wear anti-slip devices on your footwear.



Make your home safer by removing tripping hazards, improve lighting. An occupational therapist can help.



Know YOUR Risks

Your health care provider can help you identify reasons related to your health or environment that can cause you to fall.

