

Benefits to Being Active

Stay Independent. <
Prevent Falls.



Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

Many people notice that they are not as mobile as they age and that their joints and muscles feel stiff. Being active helps you build strength, balance, and flexibility. This helps you to do your daily activities such as grocery shopping, attending exercise classes, meeting friends and family or volunteering and other things you enjoy.

If you experience severe pain anywhere, or dizziness, stop and rest.

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

Being active every day helps to:

- » Improve mood and sense of well-being.
- » Get a good night's sleep.
- » Have a good appetite.
- » Stay at a healthy weight.
- » Keep your bowels healthy.
- » Keep muscles and bones strong.
- » Reduce the risk of other health conditions.
- » Increase your energy.
- » Improve your balance.
- » Reduce your risk of falling.

Take Action!

- » Do activities you enjoy!
- » Try to do 30 minutes or more of moderate to vigorous activity at least 5 times per week.
 - **Moderate intensity:** you will sweat and breathe harder
 - **Vigorous intensity:** you will sweat and be out of breath
- » Walk, dance, garden, swim or bike.
- » Supervised group programs can help you learn exercise, tai chi or yoga.

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



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LOCAL CONTACT INFORMATION:

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. | Sources available upon request. | REV: 10-2022