



# Live Well Be Active to prevent a fall.

Set 3 Live Well Goals  
for the month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Set 3 goals to improve your  
strength and balance:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

| Sunday                                                                               | Monday                                                                                            | Tuesday                                                                                                                     | Wednesday                                                                         | Thursday                                                                         | Friday                                                                                                                                 | Saturday                                                                   |
|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <input type="checkbox"/> Have you set a weekly Be Active goal?                       | <input type="checkbox"/> Try to include strength and balance activities on most days of the week. | <input type="checkbox"/>                                                                                                    | <input type="checkbox"/>                                                          | <input type="checkbox"/> Any activity counts! Try and move for 30 minutes today! | <input type="checkbox"/>                                                                                                               | <input type="checkbox"/>                                                   |
| <input type="checkbox"/>                                                             | <input type="checkbox"/> Consider trying a new activity?                                          | <input type="checkbox"/>                                                                                                    | <input type="checkbox"/> Drink plenty of water throughout the day. Stay hydrated! | <input type="checkbox"/>                                                         | <input type="checkbox"/> Older adults need 7-8 hours of sleep every night, are you getting enough?                                     | <input type="checkbox"/>                                                   |
| <input type="checkbox"/> Set a goal to be active 5 times this week.                  | <input type="checkbox"/>                                                                          | <input type="checkbox"/> Have your vision checked every year for changes to your eyesight, cataracts, and other conditions. | <input type="checkbox"/>                                                          | <input type="checkbox"/> Plan a walk or hike with family or friends.             | <input type="checkbox"/>                                                                                                               | <input type="checkbox"/> Do exercises for your leg muscles.                |
| <input type="checkbox"/>                                                             | <input type="checkbox"/> Get outside, enjoy some fresh air!                                       | <input type="checkbox"/>                                                                                                    | <input type="checkbox"/> Practice movements that challenge your balance.          | <input type="checkbox"/>                                                         | <input type="checkbox"/>                                                                                                               | <input type="checkbox"/>                                                   |
| <input type="checkbox"/> Set a goal to practice balance movements 5 times this week. | <input type="checkbox"/>                                                                          | <input type="checkbox"/> For strength, try a weight training class.                                                         | <input type="checkbox"/>                                                          | <input type="checkbox"/>                                                         | <input type="checkbox"/> For supporting resources visit <a href="http://www.findingbalancealberta.ca">www.findingbalancealberta.ca</a> | <input type="checkbox"/> Did you reach your Live Well goals for the month? |