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

Explore options for activities in your community. Visit your local seniors centre or recreation centre to learn about programs and classes for you!

Live Well

Challenge Your Balance

Build Strength

Be Active



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

This resource was created in partnership by:







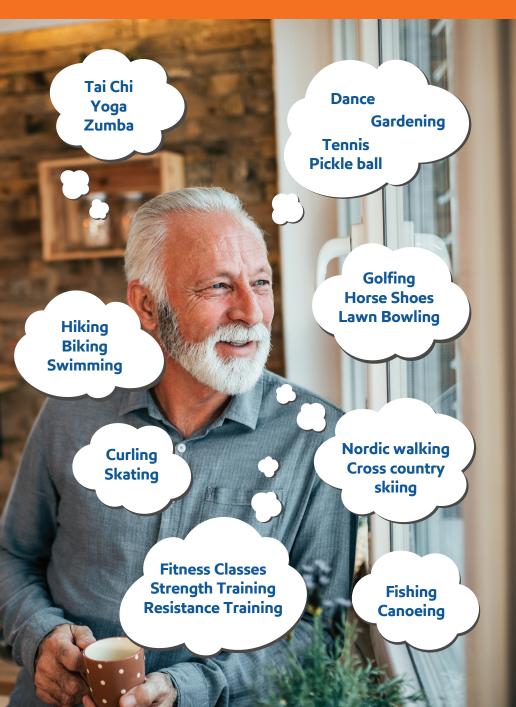
A falls prevention resource for older adults

findingbalancealberta.ca



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"What can I do today?"





Try a Home Exercise Routine

Everyday Exercises For Older Adults is available on findingbalancealberta.ca

For strength, use resistance bands, weights, or your own body weight.

For balance, practice movements like:

- reaching while standing
- toe and heel raises
- stepping in different directions
- step-ups
- half-squats.

Be Active

- Walk, dance, garden, bicycle or swim.
- More is better, so be active at every opportunity.



Here are ways you can

Challenge Your Balance, Build Your Strength and Be Active

Group Exercise Classes

- Join a class at a seniors' centre or recreation facility.
- Supervised group programs can help you learn exercises and grow confidence.
- For balance, try tai chi, yoga, or sports like pickleball or badminton.
- For strength, try a weight training class.





Hit the Gym

- Develop a routine using weights or machines.
- Work on all your major muscle groups.
- Ask a trainer or gym staff to teach you proper technique.

You can reduce your chances of falling:

People with strong legs and good balance are less likely to fall. No matter what your abilities are today, you can improve your strength and balance.

Challenge Your Balance

- Balance is controlling your movements.
- Begin with exercises you can do confidently and, as you improve, move to more difficult moves.
- Plan to work on balance 3 times per week.

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 physical activities you enjoy!
- Try to do 30 minutes of moderate or vigorous activity at least 5 times per week.

Remember, you're never too old, or too young to start.

Challenge Your Balance	Build Strength	Be Active

Live Well Be Active to prevent a fall.

Set 3 Live Well Goals for the month:	Set 3 goals to improve your strength and balance:			
1	1			
2	2			
2	2			

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