

Join other Alberta seniors on the round trip journey from Alberta to South America in 30 days! Add your minutes of activity to the provincial total in the UWALK Finding Balance Be Active Challenge. The link is:  
<https://uwalk.ca/groups/join/ha1ae6gl6e/>

Challenge  
Your  
Balance

Build  
Strength

Be  
Active

# Guidebook

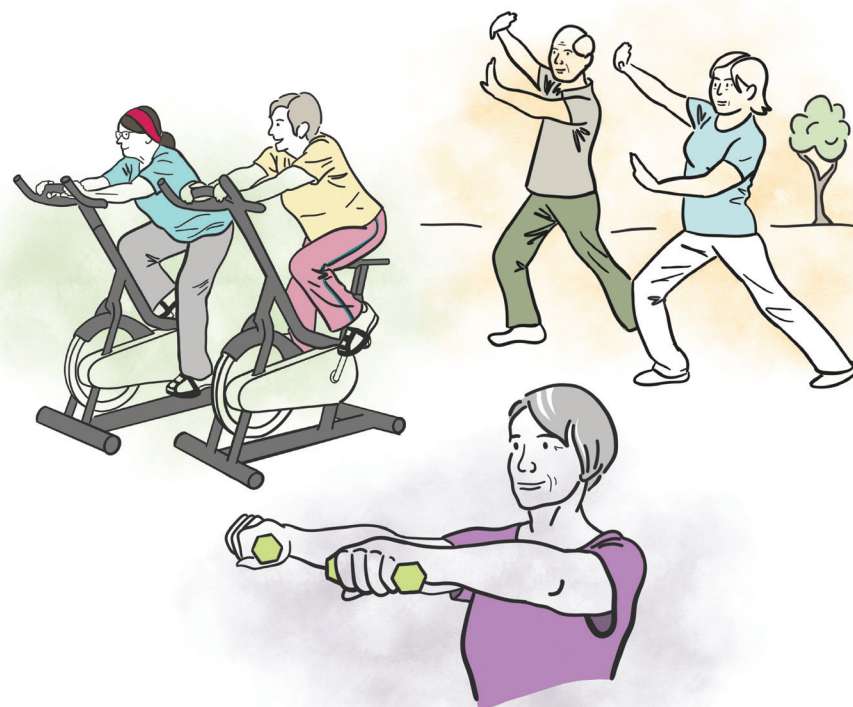


Indicates  
Start Route

Indicates  
Return Route

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](mailto:ipc@ualberta.ca)



[findingbalancealberta.ca](http://findingbalancealberta.ca)

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# Join the Be Active Challenge: Challenge Your Balance Build Strength to Prevent Falls

## During the month of November:

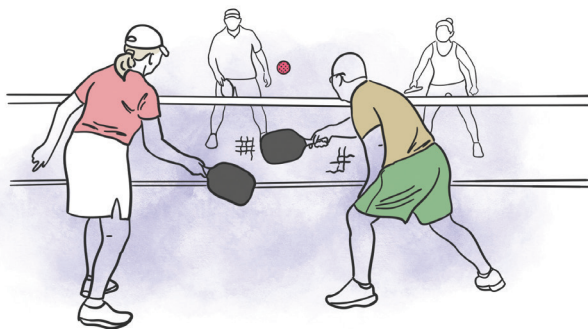
1. Track your minutes of activity (Tracking sheet included)
2. Record the number of days you participate in strength and balance activities (Tracking sheet included).
3. At the end of the month, add up your TOTALS:

Total minutes of activity: \_\_\_\_\_

Number of days you challenged your balance: \_\_\_\_\_

Number of days you built strength: \_\_\_\_\_

4. Share your results (total minutes of activity, number of days of strength and balance activities and the survey results) with IPC through a link to the Finding Balance Be Active Challenge TOTALS: <http://bit.ly/FBkit18>



## Try a Home Exercise Routine

Everyday Exercises For Older Adults is available on [findingbalancealberta.ca](http://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.
- Practice movements like reaching while standing, toe and heel raises, stepping in different directions, step-ups or half-squats.

### 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.



# NOVEMBER | PERSONAL ACTIVITY TRACKER

[findingbalancealberta.ca](http://findingbalancealberta.ca)

				1 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>	2 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>	3 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>
4 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>	5 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>	6 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>	7 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>	8 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>	9 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>	10 Minutes _____ Strength <input type="checkbox"/> Balance <input type="checkbox"/>
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