

Dear Healthcare Provider:

This document provides examples of the balance and strength exercises done in the NOT Falling for You weekly classes. This information will help you advise your patient on the appropriateness of this program for them, provide advice on modifications to exercises as necessary, and to direct them to a different program if NOT Falling for You is not suitable.

The NOT Falling for You Falls Prevention Program is a community program appropriate for ambulatory adults 50+years. It is a non-clinical program brought to communities by AHS Health Promotion Facilitators. It is hosted by community organizations such as community leagues, seniors' associations, or places of worship.

The program comprises weekly classes with 60 minutes of balance training exercises and 15 minutes of discussion about topics related to preventing falls. It is run in sessions of approximately 12 weeks in length. Classes are led by volunteer older adults with training to deliver the specific set of exercises. The leaders are not exercise professionals.

The exercise classes include:



- 10 minute warm up
- 12-15 minutes of strength exercises using body weight
- 30-35 minutes of balance exercises and
- 10 minutes of cool-down and stretching

The exercises are from the Zoomers on the Go program developed in New Brunswick ([ZOOMERS | findingbalancenb](#)) and the Purposeful Movement for Older Adults course offered by Physical Culture Alberta. The exercises are being researched by the University of New Brunswick's AAIMS project for their efficacy in reducing falls risk in community-dwelling older adults.

Please see the following descriptions and images of a sample of the exercises used in the class. Modifications are offered for individuals with health conditions such as osteoarthritis, cardiac disease, and osteoporosis, and varying degrees of strength and balance.

Examples of Exercises

When a participant is using a chair for support, use this progression to further challenge the balance:

Hand placement options:		
Level 1	Level 2	Level 3
Palm on chair	Fingertips on chair	Hand hovering over chair
		

Strength Exercise

Sit to Stand with Heel Raise

1. Sit in a chair with feet flat on the floor
2. Rise to a standing position
3. Rise up on toes
4. Lower heels
5. Slowly return to a sitting position
6. Repeat



**Strength and Balance Exercise:
Modified Bird-dog**

1. Stand behind a sturdy chair
2. Choose appropriate hand placement
3. Reach forward with one arm while raising opposite leg behind
4. Hold for 3 to 5 seconds
5. Return to start position
6. Repeat on opposite side



Balance Exercise
Tandem Standing

1. Stand beside a sturdy chair
2. Stand with heel touching toe
3. Choose appropriate hand placement
4. Balance in this position for 10 secs. to a maximum of 1 minute
5. Repeat with other foot in front

