

# KEEP ACTIVE

Every year, **1 in 3** Elders will fall...

The good news is that there are actions you can take to prevent falls.

As you age, falls often occur in your home because of dangers that are easily overlooked, but important to fix.



## Benefits of Exercise

Keeps your bones and muscles healthy and strong

Improves your balance

Keeps your heart and lungs healthy

Increases your energy

Helps you sleep

Reduces the fear of falling

Helps to reduce the risk of chronic diseases

Improves memory and attention

Improves mood



**KEEP YOUR MOCCASINS MOVING!**

Kee Tas Kee Now Tribal Council | <http://keetaskeenow.ca>

## TAKE ACTION TO IMPROVE YOUR STRENGTH AND BALANCE



- Start slow, work up to 15 minutes or more of moderate- to high-intensity exercise at least 3 – 5 days each week, and maintain over time.
  - **Moderate intensity:** you will sweat, and breathe harder.
  - **High intensity:** you will sweat, and be out of breath.
- If you are just getting started, build up slowly and add a few minutes each day.
- Include activities that strengthen both arm and leg muscles.
- Try to move more, and sit less.



For balance, try exercises in a standing position.

For strength, try wall push-ups, stair climbing, or exercise with weights or bands.

For endurance, try walking, dancing, or gardening.

For flexibility, try stretching.

**Ask your community health nurse or doctor about the best exercise program for you.**



[FindingBalanceAlberta.ca](https://FindingBalanceAlberta.ca)

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