

# LIVE WELL

Challenge  
Your  
Balance

Build  
Strength

Be  
Active



A falls prevention  
resource for Elders

<http://keetaskeenow.ca.ca>



# “What can I do today?”

**Curling  
Hockey**

**Dancing  
Gardening**

**Hiking  
Snowshoeing**

**Golfing  
Horse Shoes**

**House  
Cleaning**

**Walking  
Biking**

**Strength  
Training  
Resistance  
Training**

**Fishing  
Hunting  
Canoeing**



## Try a home exercise routine

*Everyday Exercises for Older Adults*  
available at [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 & heel raises
- stepping in different directions
- step-ups
- half-squats

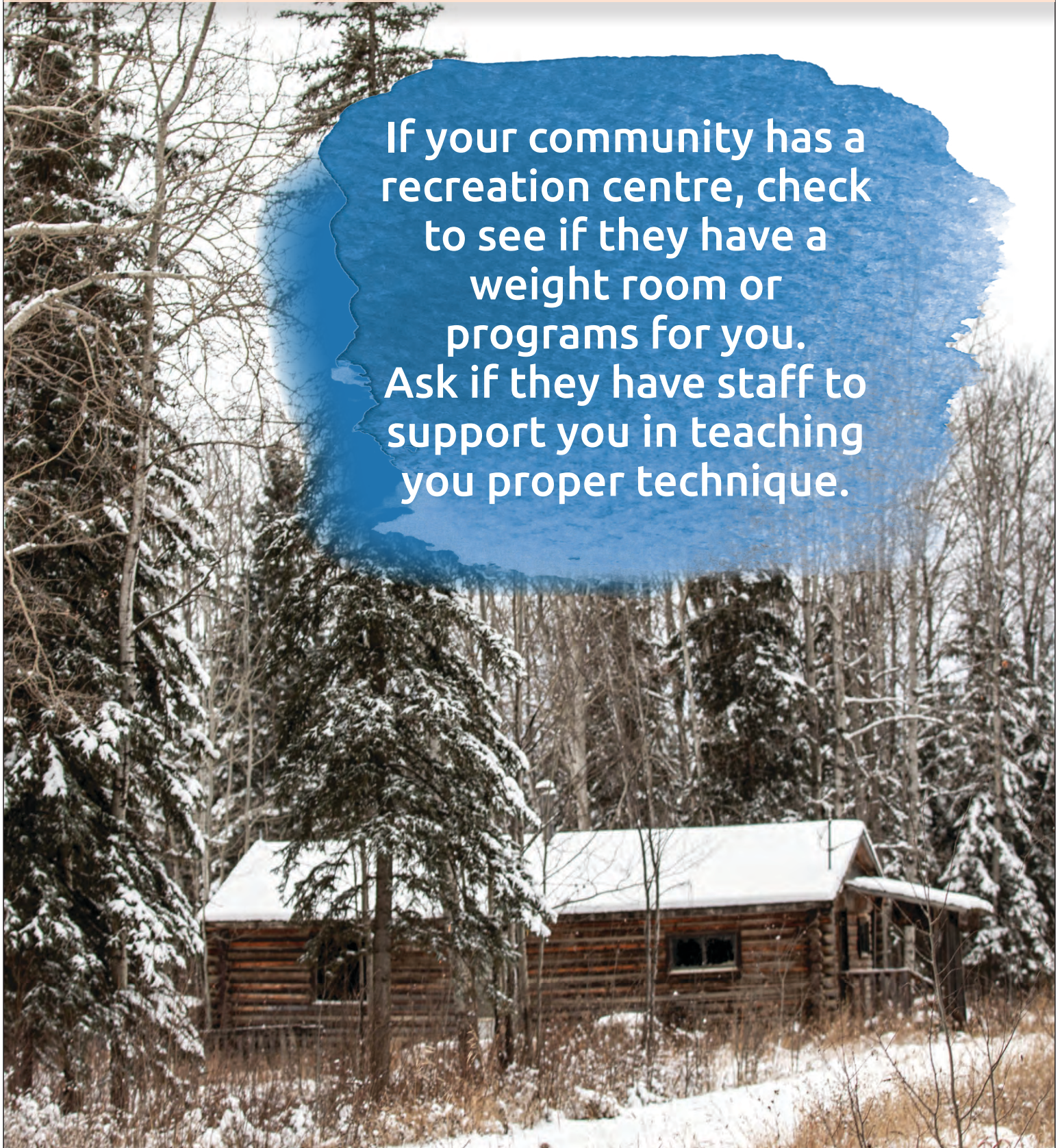
## Be Active

- Walk, dance, garden, golf, or play horse shoes.
- More is better, so be active at every opportunity.
- Try to move more and sit less.



Here are ways you can  
**challenge your balance, build  
your strength, and be active.**

If your community has a  
recreation centre, check  
to see if they have a  
weight room or  
programs for you.  
Ask if they have staff to  
support you in teaching  
you proper technique.



# YOU CAN REDUCE YOUR CHANCE 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, progress to more difficult moves.
- Plan to work on balance 3 times per week.

## **Build Strength**

- Do exercises for you 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!
- Start off 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.

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

# Set 3 **Live Well Goals**

for the month:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday
Have you set a weekly Be Active goal?	Try to include strength and balance activities on most days of the week.		
	Consider trying a new activity?		Drink plenty of water throughout the day. Stay hydrated!
Set a goal to be active 5 times this week.		Have your vision checked every year for changes to your eyesight, cataracts, and other conditions.	
	Get outside, enjoy some fresh air!		Practice movements that challenge your balance.
Set a goal to practice balance movements 5 times this week.			

Set 3 **Be Active Goals** to improve your strength & balance.

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

### Thursday

### Friday

### Saturday

Any activity counts!  
Try and move for 15 minutes today!

Elders need 7-8 hours of sleep every night; are you getting enough?

Plan a walk or hike with family or friends.

Do exercises for your leg muscles.

For supporting resources visit the website below.

Did you reach your **Live Well** goals for the month?

**Live Well,  
Be Active  
to prevent  
a fall.**

**Challenge  
Your  
Balance**

**Build  
Strength**

**Be  
Active**

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

Explore options for activities in your community. Contact your health centre (or if your community has a recreation centre) about programs and classes for Elders.



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

This resource was adapted with permission from *Finding Balance*, an initiative of the Injury Prevention Centre.  
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