

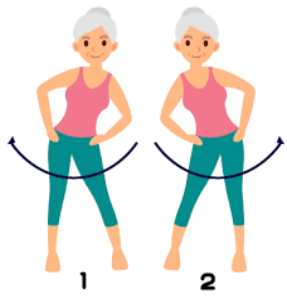
Falls Prevention Awareness Week

September 18-24, 2022



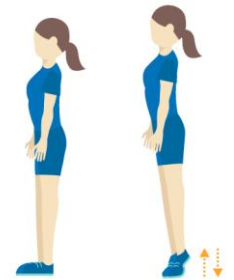
Seated Leg Extensions

Slowly lift your left leg & return to the floor. Repeat with right leg.



Hip Circles

With hands on hips, make circles with hips without moving shoulders. Do each direction 10-15 seconds.



Toe Stands

Stand behind a chair. Feet about shoulder width apart & lift up your heels, rising on your toes. Return to floor. Repeat 10 times.

Did you know the most common causes of balance & mobility problems are from muscle weakness? Regular exercise helps keep you strong & improves muscle tone. Talk to your doctor to find an exercise program that is right for you.



Arm Chair Push

Put both hands on arms of chair & push body up out of chair, partially standing to a full stand. Repeat 3-5 times.



healthyagingnc.com



ncfallsprevention.org

Local Partners Logo

Healthy Aging NC promotes an array of **evidence-based falls prevention** programs in North Carolina including:

A Matter of Balance- an exercise program designed for empowerment to reduce the fear of falling and increase activity levels among older adults.

Otago Exercise Program- a series of 17 strength and balance exercises delivered by a Physical Therapist in the home that reduces falls between 35 and 40% for frail older adults.

Tai Chi for Arthritis and Fall Prevention- the program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance and its ease of use for older adults.

YMCA: Moving for Better Balance



A Few Tips to Help Prevent Falls:

- ✓ Stay active! Talk to your doctor about an exercise program that is right for you.
- ✓ Have your vision & hearing checked often.
- ✓ Ask your pharmacist about any medication side effects that could affect your balance.
- ✓ Limit alcohol
- ✓ Stay hydrated
- ✓ Use a cane, walking stick, or walker if needed.
- ✓ Wear rubber-soled, low-heeled shoes.
- ✓ Adjust living areas with tightly fastened handrails, good lighting, non-skid rugs, and walkways free of cords.

Visit healthyagingnc.com,
ncfallsprevention.org, & nia.nih.gov for
more information

 National Institute on Aging



FALL	ACTIVE
EXERCISE	BALANCE
HIP	BREAK
WEIGHTS	PREVENTION

**B P R E V E N T I O N W
H R V B A L A N C E Y E
I F E B G R C X K D L J
P J Y A C T I V E K R I G
F A L L K E X E R C I S E
T B C V N I W E I G H T S**