

P R E V E N T I N G

F	A	L	L	S
find a balance class	walk carefully on steps	install a grab bar	do strength training	keep your home safe
reduce alcohol intake	get a fall risk assessment	use a light at night	talk to family about falls	stay hydrated
wear proper shoes	see a specialist if dizzy	FREE	go for a walk	eat a healthy diet
learn about pet safety	improve your mental health	don't run to the bathroom	review your medications	learn tai chi
meet with a physical therapist	use a cane or walker properly	control your pain	increase vitamin D	check vision & hearing

From Awareness To Action

Play Bingo to see the many ways you can prevent first and future falls! You can also join an evidence-based program!

Programs for low/moderate risk of falling:

- Tai Chi For Arthritis and Fall Prevention
- Moving for Better Balance
- Enhance Fitness

Programs for high risk of falling:

- A Matter of Balance
- The Otago Exercise Program
- Bingocize

Find a class near you at healthyagingnc.com

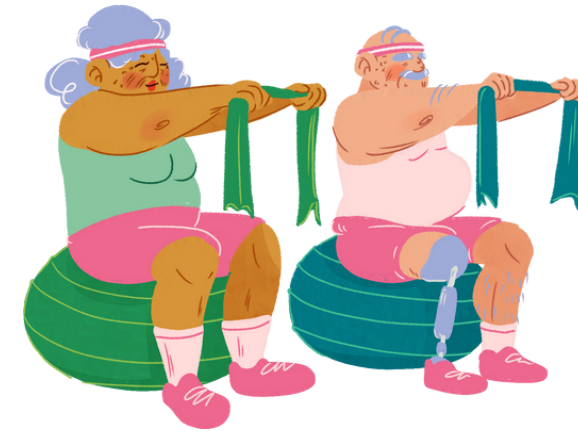


Standing Strong

Physical activity is a big part of aging well and preventing falls. Being active does not mean you have to spend hours in the gym. It can be any activity that gets your heart beating faster. Find ways you enjoy moving and do them often. Want to learn more about preventing falls? Visit ncfallsprevention.org and standingstrongnc.org

4 Steps to Physical Wellness

- 1. Be Active:** Get at least 150 mins/week of moderate activity or 75 min/week of intense activity.
- 2. Build Strength:** Do strength training 2 days/week.
- 3. Improve Balance:** Challenge your balance safely in physical therapy or evidence-based classes.
- 4. Reduce Time Sitting:** Exchange 30 minutes of being still with movement.



balance
and
strength
exercise



tai chi



gardening



walk