



# ANYONE CAN FALL

*Prevent it from happening to you*

## KEEP ACTIVE

Older adults want to live active and independent lives. Regular physical activity and exercise can improve balance, increase muscle strength and prevent falls. It's never too late to get active.

## *Keep your independence*

*Anyone can fall, but as you grow older, the risk increases. Every year one in three seniors will fall. Falls prevention isn't just about stopping falls before they happen. It's about keeping your independence.*

**Finding  
Balance**

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**To learn more about preventing falls, visit  
[www.findingbalanceontario.ca](http://www.findingbalanceontario.ca)**

According to the World Health Organization, the greatest health risk for older adults is living an inactive life.

Being active will help you with your daily living tasks like getting up and down stairs, getting up from a chair or in and out of the bathtub.

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### **Take steps to prevent a fall!**

1. **For strength and balance**, perform exercises in a standing position. Try tai-chi, wall push-ups, stair climbing or exercising with weights or exercise bands.
2. **For endurance**, try walking, dancing, gardening, bicycling, cross-country skiing or swimming.
3. **For flexibility**, try bending, stretching, yoga or tai chi.
4. Do at least 150 minutes of activity every week. These activities should make you sweat a little and breathe a little harder. You can break this into 10 minute periods.
5. Activities should strengthen both arm and leg muscles. Arm strength is needed just as much as leg strength for daily tasks.
6. Always talk to your healthcare provider before starting a new physical activity.

### **Benefits of Physical Activity**

- Keeps your bones and muscles healthy and strong
- Improves your balance
- Helps you to move more easily
- Keeps your heart and lungs healthy
- Increases your energy
- Helps you sleep
- Improves your confidence in walking
- Helps to reduce the risk of chronic diseases like heart disease and high blood pressure

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**Falls are not a normal part of aging.**

**Talk to your healthcare provider if you have had a fall.**

Original concept developed by the City of Edmonton, Capital Health Edmonton and the Alberta Centre for Injury Control & Research.

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