



ANYONE CAN FALL

Prevent it from happening to you

Staying Physically Active

Regular physical activity is great for people of all ages and abilities. Even small amounts of exercise can help improve your health, well-being and quality of life.

In addition, as we get older, staying physically active can help you to keep moving, and stay strong, all the while preventing the development of impairments which can lead to an increased risk for falls. However, the key to being successful and safe when beginning a physical activity routine is to build slowly from your current fitness level.

The good news is that family, friends, qualified exercise professionals and healthcare providers can all play a role to help you choose the right type of physical activity according to your personal needs, ability and preferences. Keep in mind that by reaching out to others for support, you can better reduce your risk of falling, prevent serious injuries and maintain your independence.



Trauma NB



To learn more about preventing falls, visit www.findingbalancenb.ca

Benefits of Physical Activity

- Improves your balance and your confidence when completing certain tasks.
- Increases your personal energy level to help complete the daily activities of your choice with family and friends.
- Helps to reduce the risk of chronic health conditions which may lead to falls and fall-related injuries such as type 2 diabetes, osteoporosis and heart disease.
- Physical activity can have a beneficial effect on personal mood. Participation in group exercise classes can help reduce the sense of loneliness and symptoms of depression among older adults.
- Reduces your risk of falls and fall related injury which helps you stay independent longer.

Before Getting Active

- Keep in mind that good nutrition helps you get the calories and nutrients you need to stay active. This includes maintaining a balanced diet and drinking enough fluids to stay well hydrated.
- Pay attention to weather conditions and your surroundings before exercising outdoors.
- Wear appropriate fitness clothes and shoes for your activity.
- If you are unsure if it is safe for you to exercise, consult your primary care provider or a certified exercise specialist. This is especially important for older adults at higher risk for falls.

Helpful tips

- Throughout the year, older adults should participate in a wide range of physical activities in a variety of environments and contexts.
- Adding any amount of physical activity can bring some health benefits. Every little bit helps.
- Remember to start slowly and gradually increase your activity level to meet the recommendations.
- Spread out your participation in physical activities into sessions of 10 minutes or more. Consider increasing your activity level 10 minutes at a time.
- Aim to perform activities all year long that will help build your strength and continue to progressively challenge your balance for a few hours per week.
- Consider choosing group activities or classes in your community since active time can also be social time.

Exercise-based Fall Prevention Programs

- Older adults at higher risk for falls may benefit more from participating in a specific type of physical activity program which focuses on improving mobility, balance and coordination.
- Exercise-based fall prevention programs have been shown to reduce both the rate and risk for falling whether they were completed at home or in a group setting.
- Well-designed programs establish appropriate types and doses of exercise to use with vulnerable participants at higher risk of fall-related injuries
- Such programs also include the delivery of informative presentations and handouts as a part of each session.

***Falls are not a normal part of aging.
Talk to your primary care provider if you have had a fall.***

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