



IMPROVE YOUR BALANCE TO HELP PREVENT FALLS

Balance Builder Workshop hosted by SilverSneakers®

SilverSneakers®

3 TOPICS WE'LL COVER TODAY

- 1 External risk factors
- 2 Internal risk factors
- 3 Exercises



I am stronger from the weight training, and have improved my balance. Thus, I have less fear of breaking a hip due to a fall.¹

Joelle
SilverSneakers Member

EXTERNAL RISK FACTORS

Environmental issues

Risky behaviors that can cause a fall:

- Balancing on a chair
- Walking on uneven flooring, including stairs
- Not asking for help
- Wearing unstable footwear

TAKE CONTROL TO PREVENT FALLS

- ✓ Know your own limitations and ask for help.
- ✓ Keep sturdy step stools nearby.
- ✓ Clean up clutter.
- ✓ Wear stable shoes.
- ✓ Wear your glasses as needed.
- ✓ Organize things so they are easy to reach.
- ✓ Tape rugs down securely.
- ✓ Use nightlights.
- ✓ Install railings and grab bars.

INTERNAL RISK FACTORS

Biological issues

- Balance and mobility
- Reaction time
- Muscular strength
- Alertness
- Blood pressure
- Position awareness
- Inner ear sensation
- Vision

IMPROVE YOUR BALANCE WITH EXERCISE

- ✓ Static and dynamic balance
- ✓ Posture
- ✓ Agility
- ✓ Muscular strength, power and endurance
- ✓ Flexibility

LET'S TRY SOME EXERCISES TOGETHER

PERCEIVED EXERTION CHART

1 OKAY TO GO
"I feel great, and I'm breathing normally."

2 VERY, VERY LIGHT INTENSITY
"I feel terrific. I don't even feel like I'm exerting myself."

3 VERY LIGHT INTENSITY
"This is fun. I feel like I could go forever."

4 LIGHT INTENSITY
"I can tell I'm exercising. I feel good."

5 MODERATE INTENSITY
"I'm sweating a little. I'm working."

6 MODERATE TO INTENSE
"I'm exercising harder than I thought I would. I'm getting a workout."

7 INTENSE
"The workout is hard, but I can take it."

8 VERY INTENSE
"This is difficult. I'm breathing hard. I'm not sure how long I can go."

9 VERY, VERY INTENSE
"I'm very uncomfortable. I can't talk in a normal tone of voice. I should slow down."

10 MAXIMUM INTENSITY
"I'm completely exhausted. I must slow down immediately."

Always talk to your doctor before starting an exercise program.

DOING GREAT

Did you find the exercises
easy or difficult?

DID YOU KNOW?

Exercise professionals, such as SilverSneakers instructors and staff, can safely introduce you to many types of exercises. They can also teach you proper form so you're safe and confident.

SILVERSNEAKERS BENEFITS

- Exercise in a safe environment.
- Get support from trained instructors.²
- Enhance balance and flexibility.
- Boost energy, endurance and strength.
- Stay mobile and independent longer.
- Improve overall health.

SIGNATURE SILVERSNEAKERS CLASSES²

- Classic
- Circuit
- Yoga
- Splash
- Stability

SILVERSNEAKERS COMMUNITY CLASSES²

- Tai chi
- Pole walking
- Latin dance
- Many more

SILVERSNEAKERS BOOM[®] CLASSES²

- Mind
- Muscle
- Move

YOU HAVE THE POWER TO IMPROVE YOUR BALANCE

3 things to remember:

- We all have the ability to get stronger and reduce risk of falling.
- Change your environment, reduce risky behaviors and add exercise.
- SilverSneakers is a great place to start.

References

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4. Rose, D.J. (2010). *FallProof!: a comprehensive balance and mobility training program*. Champaign: Human Kinetics
5. Signorile, J.F. (2011). *Bending the aging curve: the complete exercise guide for older adults*: Champaign: Human Kinetics