

Live Well

Challenge
Your
Balance

Build
Strength

Be
Active

No matter what your abilities are today, you can improve your strength and balance.

Explore options for activities in your community. Visit your local seniors centre or recreation centre to learn about programs and classes for you!



Finding Balance is a seniors' falls prevention program developed and promoted by the Injury Prevention Centre. This resource was created in partnership by:



Injury Prevention Centre
780.492.6019 • ipc@ualberta.ca
findingbalancealberta.ca

**A falls prevention
resource for older adults**
findingbalancealberta.ca



“What can I do *today*?”

Tai Chi
Yoga
Zumba

Dance
Gardening
Tennis
Pickle ball

Golfing
Horse Shoes
Lawn Bowling

Hiking
Biking
Swimming

Curling
Skating

Nordic walking
Cross country
skiing

Fitness Classes
Strength Training
Resistance Training

Fishing
Canoeing



Try a Home Exercise Routine

Everyday Exercises For Older Adults is available on findingbalancealberta.ca

For strength, use resistance bands, weights, or your own body weight.

For balance, practice movements like:

- reaching while standing
- toe and heel raises
- stepping in different directions
- step-ups
- half-squats.

Be Active

- Walk, dance, garden, bicycle or swim.
- More is better, so be active at every opportunity.



Here are ways you can

Challenge Your Balance, Build Your Strength and Be Active

Group Exercise Classes

- Join a class at a seniors' centre or recreation facility.
- Supervised group programs can help you learn exercises and grow confidence.
- For balance, try tai chi, yoga, or sports like pickleball or badminton.
- For strength, try a weight training class.



Hit the Gym

- Develop a routine using weights or machines.
- Work on all your major muscle groups.
- Ask a trainer or gym staff to teach you proper technique.



You can reduce your chances of falling:

People with strong legs and good balance are less likely to fall. No matter what your abilities are today, you can improve your strength and balance.

Challenge Your Balance

- Balance is controlling your movements.
- Begin with exercises you can do confidently and, as you improve, move to more difficult moves.
- Plan to work on balance 3 times per week.

Build Strength

- Do exercises for your leg muscles.
- Use bands, weights or your own body weight.
- Try squats, hamstring curls, and side leg lifts.

Be Active

- Do physical activities you enjoy!
- Try to do 30 minutes of moderate or vigorous activity at least 5 times per week.

Remember, you're never too old, or too young to start.



Live Well Be Active to prevent a fall.

Set 3 Live Well Goals
for the month:

1. _____
2. _____
3. _____

Set 3 goals to improve your
strength and balance:

1. _____
2. _____
3. _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Have you set a weekly Be Active goal?	<input type="checkbox"/> Try to include strength and balance activities on most days of the week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Any activity counts! Try and move for 30 minutes today!	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Consider trying a new activity?	<input type="checkbox"/>	<input type="checkbox"/> Drink plenty of water throughout the day. Stay hydrated!	<input type="checkbox"/>	<input type="checkbox"/> Older adults need 7-8 hours of sleep every night, are you getting enough?	<input type="checkbox"/>
<input type="checkbox"/> Set a goal to be active 5 times this week.	<input type="checkbox"/>	<input type="checkbox"/> Have your vision checked every year for changes to your eyesight, cataracts, and other conditions.	<input type="checkbox"/>	<input type="checkbox"/> Plan a walk or hike with family or friends.	<input type="checkbox"/>	<input type="checkbox"/> Do exercises for your leg muscles.
<input type="checkbox"/>	<input type="checkbox"/> Get outside, enjoy some fresh air!	<input type="checkbox"/>	<input type="checkbox"/> Practice movements that challenge your balance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Set a goal to practice balance movements 5 times this week.	<input type="checkbox"/>	<input type="checkbox"/> For strength, try a weight training class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> For supporting resources visit www.findingbalancealberta.ca	<input type="checkbox"/> Did you reach your Live Well goals for the month?