

Every year, 1 in 3 Alberta seniors will fall. The good news is that there are actions you can take to prevent falls.



As you age, it is important to keep active to improve your strength and balance.

Benefits of physical activity:

- » Keeps your bones and muscles healthy and strong
- » Improves your balance
- » Keeps your heart and lungs healthy
- » Increases your energy
- » Helps you sleep
- » Reduces the fear of falling
- » Helps to reduce the risk of chronic diseases like heart disease and high blood pressure
- » Improves memory and attention
- » Improves mood and sense of well-being



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TAKE ACTION TO IMPROVE YOUR STRENGTH AND BALANCE

- ☑ Try to do 30 minutes or more of moderate to vigorous intensity physical activity or exercise at least 5 days each week.
 - » Moderate intensity: you will sweat and breathe harder.
 - » Vigorous intensity: you will sweat and be out of breath.
- ☑ If you are just getting started, build up slowly and add a few minutes each day.
- ☑ Include activities that strengthen both arm and leg muscles.
- ☑ For balance, try exercises in a standing position or Tai Chi.
- ☑ For strength try wall push-ups, stair climbing or exercises with weights or bands.
- ☑ For endurance, try walking, dancing, gardening, bicycling, cross-country skiing or swimming.
- ☑ For flexibility try stretching, yoga, or Tai Chi.

Ask your local healthcare provider about the best exercise program or you.

LOCAL CONTACT INFORMATION