

Keeping Active Helps Prevent Falls

“Treatments including exercise for elderly adults can reduce the risk of falls.”¹

Staying physically active and exercising regularly can help prevent or delay some diseases and disabilities as people grow older. Older people of all ages have much to gain from staying active.²

You don't have to go to a gym to exercise

Walking, gardening, and household chores are all physical activities that keep you moving, active and fit.

Major Benefits of Staying Active:

- Maintains muscle strength
- Strengthens bones slows down the process of osteoporosis
- Keeps joints, tendons and ligaments more flexible, making it easier to move around
- Increases energy
- Strengthens heart and lungs
- Promotes a sense of well being

1. Province, Michael A. Ph.D. et al., “The Effects of Exercise on Falls in Elderly Patients,” *Journal of the American Medical Association*, May 3, 1995, Vol. 273, No. 17, 1341-1347.

2. Dutta, C., Ph.D., Ory, M., Ph.D. Co-Chairpersons, et al., Exercise: A Guide from the National Institute on Aging. What Can Exercise Do For Me? *National Institute on Aging*, 1998.



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MKT1781FQ Rev03

Fitness

A key to Fall Prevention



 **Healthy Aging Series**

“If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

Robert N. Butler, MD. Former Director, National Institute on Aging

Exercises from a Sitting Position

Exercises from a Standing Position

Neck Stretches

A. Side bending: Tilt head sideways as if to touch ear to shoulder:

Right - hold 10 Sec.* 10 Reps**

Left - hold 10 Sec. 10 Reps

B. Chin to chest: Bend chin forward to chest - hold 10 Sec., 10 Reps



Ankle Range of Motion

Point toes up as far as possible and then down as far as possible:

Both - 20 Reps

Rotate Feet

Clockwise - 20 Reps

Counter Clockwise - 20 Reps



Calf Stretch

Hold back of chair. Step back with right foot; keeping foot straight.

Lean forward, keeping right heel on floor.

Right - Hold 30 Sec. 3 Reps

Left - Hold 30 Sec. 3 Reps



Heel Raise & Toe Raise

Stand straight, feet shoulder width apart, raise up on toes, pause, then lower back down. Then lift toes,

keeping heels flat, lower back down.

Right and left together - 10 Reps



Back Stretching & Strengthening

Legs apart, place hands on each side of right knee. Slide hands from knee to ankle and return to upright sitting position.

Right knee - 10 Reps

Left knee - 10 Reps



Knee Extension

Straighten knee, pause and then lower foot back to floor:

Right - 10 Reps

Left - 10 Reps



Lateral Leg Swing

Hold back of chair. Move right leg straight out to side without bending knee or waist. Keep toes pointed forward.

Right - 10 Reps

Left - 10 Reps



Mini-Squats

Hold back of chair. Bend knees as far as is comfortable. Keep back and head up straight and behind toes, as in diagram. Return to standing position.

- 10 Reps



Arm Raises

Raise arm up, pause at top for 2 seconds and bring down:

Right only - 10 Reps

Left only - 10 Reps

Both arms - 10 Reps



Small Kicks

Straighten and bend knee (as in kicking motion).

Right 10 - 15 Reps

Left 10 - 15 Reps



Hip Flexion & Extension

Hold back of chair and bring right knee up as close to chest as possible, trying not to bend at the waist. Slowly lower leg and swing straight behind you without bending knee. Lower to starting position.

Right - 10 Reps Left - 10 Reps



Side to Side Sway

Keeping your feet on the ground, shoulder width apart, slowly shift whole body from side to side. Stand as straight as possible.

- 10 Reps



Rowing

Make sure to sit as straight as possible. Place arm straight out in front and then pull arm back with elbow next to your side.

Right arm - 10 Reps

Left arm - 10 Reps

Both arms - 10 Reps



Seated Marching

Alternate lifting knees to chest as if marching.

10 - 15 Reps



Note: To maintain balance, use the back of a sturdy chair that doesn't have wheels or a kitchen counter. Start slowly and build number of repetitions gradually.

Be sure to consult with your physician before beginning an exercise program.

The exercises suggested here do not substitute for a program provided by your healthcare practitioner.

Consultant: Troy Vannucci, Registered Physical Therapist

*Sec. = seconds **Reps = repetitions