

Fitness – a key to fall prevention

Philips Lifeline helps you live safely and more independently

- Our **Lifeline with AutoAlert*** service offers an added layer of protection: it is the FIRST pendant-style Help Button that automatically places a call for help if a fall is detected and you are unable to press your button.
- And now **GoSafe** — our most advanced medical alert service — can provide access to help both at home and on the go.



Keeping active helps prevent falls

Treatments including exercise for older adults can reduce the risk of falls¹

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 need 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

See the following pages for helpful exercises.

“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, M.D.
Former Director,
National Institute
on Aging

^[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?, 1998.

Exercises from a standing position

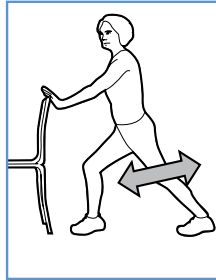
To maintain balance, use a kitchen counter or the back of a sturdy chair that doesn't have wheels.

Calf Stretch

Hold back of sturdy chair. Step back with right foot, keeping foot straight. Lean forward, keeping right heel on floor.

Right leg: Hold 30 secs. 3 reps

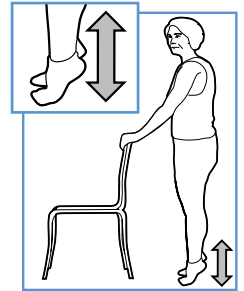
Left leg: Hold 30 secs. 3 reps



Heel and toe raise

Stand straight, feet shoulder width apart, rise up on toes, pause, then lower back down. Then lift toes, keeping heels flat, and lower back down.

Both feet together: 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 leg: 10 reps

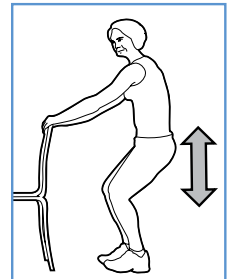
Left leg: 10 reps



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. Then return to standing position.

10 reps



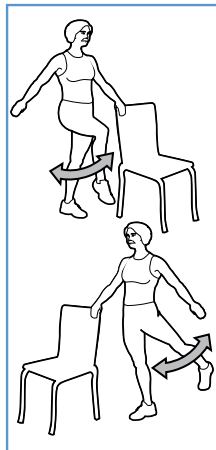
Hip flexion and extension

Hold the back of chair and bring your right knee up as close to the chest as possible, trying not to bend at the waist.

Slowly lower your leg and swing straight behind you without bending the knee. Then lower back to starting position.

Right leg: 10 reps

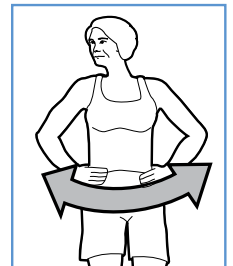
Left leg: 10 reps



Side-to-side twist

With feet shoulder-width apart, slowly twist your upper body from right to left. Stand as straight as possible.

10 reps



Note: 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 health practitioner.

* secs. = seconds * reps = repetitions

Consult: Troy Vannucci, registered physical therapist

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www.lifeline.ca**

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