

Remaining active can help you reduce the likelihood and impact of falls and maintain your independence.<sup>1</sup> Being active doesn't have to be expensive. Often all you need is a good pair of shoes. Here are some ideas.

### 1 Balance exercises

Balance is a key factor in fall prevention. Improve your balance by standing on one foot, walking backwards or sideways, or trying yoga or tai chi.



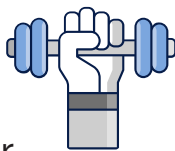
### 2 Aerobic exercise

Get at least 150 minutes of moderate-intensity aerobic activity each week, like brisk walking, or 75 minutes of vigorous-intensity aerobic activity, like jogging.



### 3 Muscle-strengthening

Do activities that strengthen muscles at least two days a week, like using exercise bands, lifting hand weights, or doing squats or lunges.



### 4 Join a group

If you prefer to be active with others, you may want to check out classes at your local community centre or gym to keep you active and engaged.



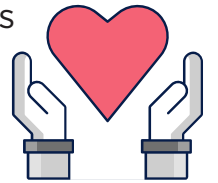
### 5 Take a class

If you're up for learning new things, there could be a class you can take to stay active. Aquafit, yoga and tai chi are examples of new activities that could help you stay motivated. Check your local community centre for opportunities.



### 6 Volunteer

Try getting involved with things that interest you or use your skills like volunteering at an animal shelter, food bank, or helping at local events. These can keep you active and contributing to your community.



### 7 Use technology

Consider getting the Lifeline Medical Alert Service to access help quickly in the event of a fall. Our fall detection technology can even place a call for help if you're unable to press the help button.



<sup>1</sup>. National Institutes of Health, 2016.

**Source:** National Institute on Aging, "Fun Ways For Older Adults to Stay Physically Active"

Lifeline's fall detection technology does not detect 100% of falls. If able, users should always press their button when they need help.

Contact Lifeline today to learn more:

**1-800-LIFELINE**

**1-800-543-3546**

**[www.lifeline.ca](http://www.lifeline.ca)**