

# Lifeline

## Staying Fit, Staying Safe

### *Exercise for older adults can help reduce the risk of falls<sup>1</sup>*

Staying fit is the most important step you can take to avoid falls and maintain your health and vitality. This guide includes easy exercises you can do to increase your strength, balance and endurance.

You don't need a gym to exercise. Walking, gardening, and household chores are all physical activities that keep you moving, active, and fit.

### Expert, caring help 24 hours a day

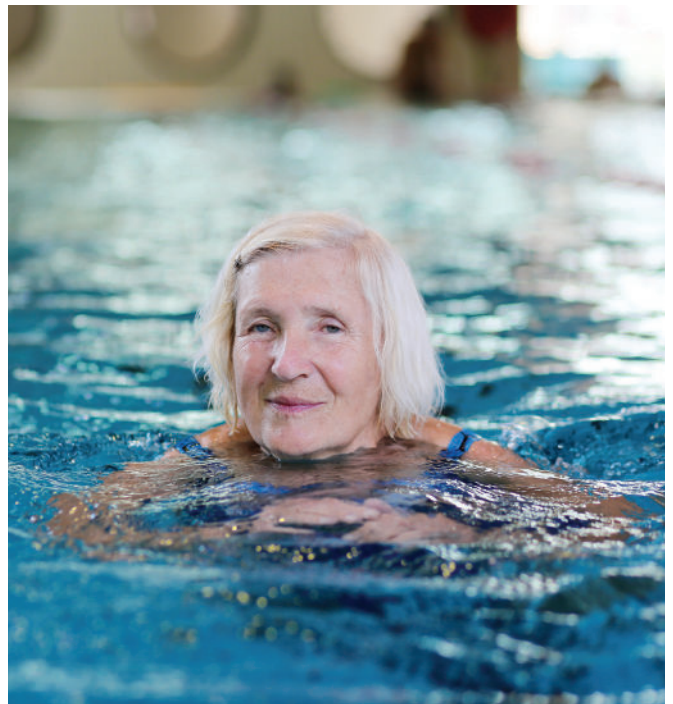
With the Lifeline medical alert service you get fast, easy access to a trained Response Associate to request the help you want – 24 hours a day, 365 days a year.

Our **Lifeline with AutoAlert\*** service can automatically place a call for help if a fall is detected and you are unable to press your button.\*

**GoSafe** can provide access to help both at home and on the go.\*\*

### Why choose Lifeline?

- Lifeline is the #1 medical alert service in Canada.<sup>2</sup>
- All help calls answered in Canada.
- Professional home installation.
- Proven AutoAlert fall detection technology available.
- Cellular communicator available for those without a landline telephone.



### Major benefits of staying active:

- Maintains muscle strength
- Strengthens bones; slows down the progression 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



# Keeping active helps you avoid falls.

## Exercises from a sitting position

Do not overdo it. Start slowly and build the number of repetitions gradually. Use a firm chair.

### Neck stretches

**Side bends:** Tilt head sideways as if to touch ear to shoulder.

**Right:** Hold 10 secs., 10 reps

**Left:** Hold 10 secs., 10 reps

**Chin to chest:** Bend chin forward to chest.

Hold 10 secs., 10 reps



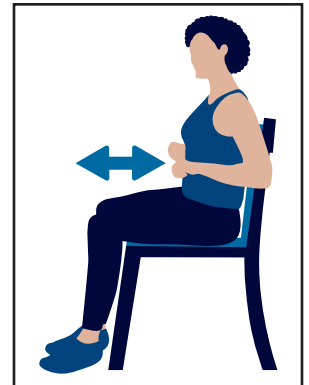
### Rowing

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



### Arm raises

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

**Right arm:** 10 reps

**Left arm:** 10 reps

**Both arms:** 10 reps



### Ankle range of motion

Point toes up as far as possible and then down as far as possible. Rotate both feet.

**Clockwise:** 20 reps

**Counterclockwise:** 20 reps



### Back stretching and 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 leg:** 10 reps

**Left leg:** 10 reps



### Seated marching

Alternate lifting knees to chest as if marching.

**Right leg:** 10-15 reps

**Left leg:** 10-15 reps



### Small kicks

Straighten and bend knee as in a kicking motion.

**Right leg:** 10-15 reps

**Left leg:** 10-15 reps



\* secs. = seconds

\* reps = repetitions

# Here's some fitness help from Lifeline.

## 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

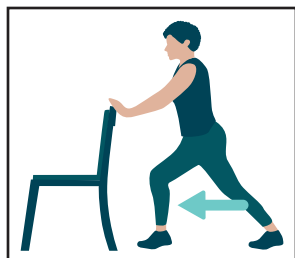
Hold back of chair. Step back with right foot, keeping foot straight. Lean forward, keeping right heel on floor.

#### Right leg:

Hold 30 secs., 3 reps

#### Left leg:

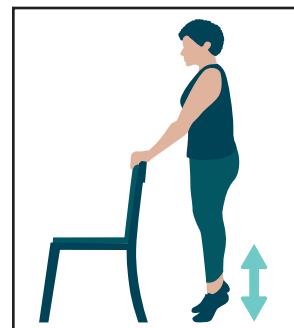
Hold 30 secs., 3 reps



### Heel and toe raise

Stand straight, feet shoulder-width apart, rise up on toes, pause, and 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.

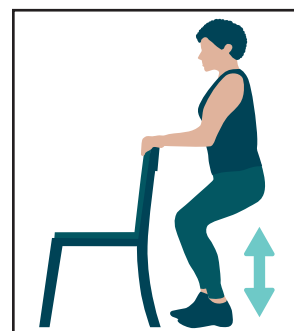
**Right leg:** 10 reps

**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.

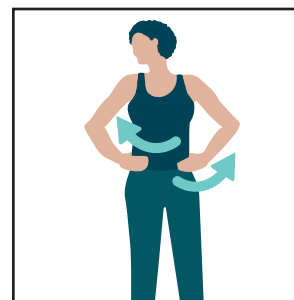
**Right leg:** 10 reps

**Left leg:** 10 reps



### Side-to-side twist

Keeping your feet on the ground, 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.

# How to get up from a fall

## 1. PREPARE



**Do NOT get up quickly.**  
If hurt, call for help using Lifeline or a telephone.



**Find something sturdy**  
such as a piece of furniture.



**Roll onto your side,**  
turning your head,  
shoulders, hips, then leg.

## 2. RISE



**Push your upper body up.**  
Lift your head, pause, and  
steady yourself.



**Rise slowly** onto your hands  
and knees. Crawl to something  
sturdy you can hold on to.



**Slide one foot forward** so  
it is flat on the floor.

## 3. SIT



**Keep the other leg bent**  
with your knee on the floor.



**Rise slowly and turn your  
body** to sit in the chair.



**Sit for a few minutes** before  
trying to do anything else.

<sup>1</sup> Preventing Falls Through Physical Activity: A Guide for People Working with Older Adults (2012) Alberta Centre for Active Living.

<sup>2</sup> Basé sur le nombre d'abonnés.

\* AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.

\*\* Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary. Lifeline may not always be able to determine your location

**1-800-LIFELINE**  
**1-800-543-3546**

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