

September is Falls Prevention Awareness Month

The probability of falling increases with age and physical fitness decline. According to the Centers for Disease Control and Prevention (CDC, 2002), *one out of every 3 adults, 65 years or older, falls every year.* Falls can be costly and debilitating, but they are **NOT** a natural part of aging, and can be avoided.

Choosing a lifestyle that includes regular **cardiovascular, flexibility and strength** training will help maintain not only overall general health, but balance health as well. Strong muscles improve the ability to respond to external disturbances in a positive manner, and improve posture. Flexible and strong joints allow further movement through a range of motion so that we are able to correct a loss of balance more easily. And regular cardiovascular training ensures a strong heart that can endure the normal activities of daily living.



Things you can do to prevent falls:

- ✓ Exercise regularly to maintain strength, balance and flexibility
- ✓ Improve household lighting and replace burnt-out lightbulbs promptly
- ✓ Have your eyes professionally checked every year to maximize vision
- ✓ Install grab bars in bathrooms and railings along both sides of stairways
- ✓ Review your prescriptions and over-the-counter medications with your provide or pharmacist to identify medicines that may cause dizziness or drowsiness
- ✓ Limit alcohol use, which may increase the risk of falling and/or serious injury.

Fall Prevention
Here's What You Can Do

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*"Knowledge is power!"
Sir Francis Bacon
"...and so is exercise."
Live 2 B Healthy®*

Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.
www.Live2BHealthy.com

Live ²B
HEALTHY

[Download our FREE Flyer](#)

The **Live 2 B Healthy®** program is **proven** to help seniors improve both balance and overall strength. **Live 2 B Healthy®** Trainers are all **Certified Personal Trainers**, experienced in working with the senior market. They are familiar with the special challenges that come with age, and they know how to customize specially-designed exercises to fit the specific needs of each community and each resident.

To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.