

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 (find FREE Live 2 B Healthy® classes in your area: <https://live2bhealthy.com/classes/>)
- ✓ 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 provider 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.

Full Prevention Series:
Fall Prevention Checklist

| Yes | No | Action Item |
|-----|----|---|
| | | Exercise regularly |
| | | Be aware of medications that may cause dizziness or drowsiness |
| | | Have your vision checked at least once per year |
| | | Get up slowly after sitting or lying down |
| | | Wear shoes or gripper-soled socks – no barefoot or slippers (they call them that for a reason!) |
| | | Remove throw rug from floor |
| | | Remove papers/books/boxes/shoes/it and other items from floor |
| | | Remove electrical cords you need to walk around |
| | | Fix any loose carpeting edges and/or flooring seams |
| | | Do not use floor wax |
| | | Fix broken or missing steps |
| | | Replace all burnt-out light bulbs (especially those near stairs or entrances) |
| | | Fix or replace all loose handrails |
| | | Use reflector tape to mark edges of top and bottom step |
| | | Avoid using step stools/NEVER step upon a chair |
| | | Put non-slip strips on floor of shoes and/or tub |
| | | Install handrails in bathroom near stool and in tub/shower |
| | | Install a light that you can reach from your bed and switch it on before you get out of bed |
| | | Install handrails or put a piece of sturdy furniture near your bed |

Live 2 B HEALTHY

Taking your health...
Where you want to go!
www.Live2BHealthy.com

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 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://live2bhealthy.com/classes/>
Enter your zip code to find locations near you.