



# Resident Wellness Newsletter

## Fall Prevention

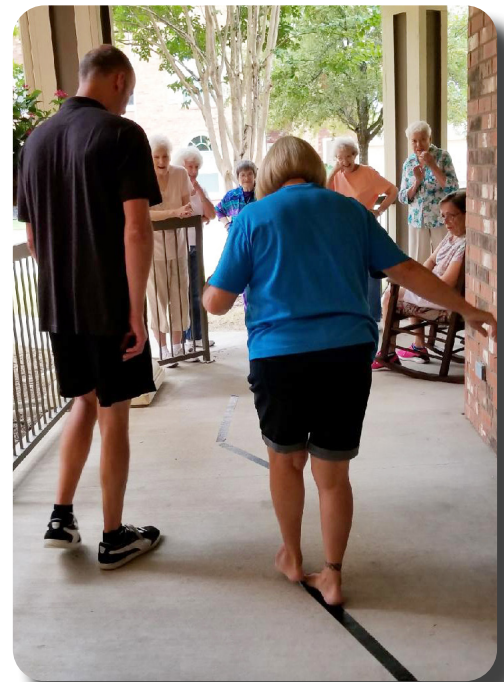
### SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH

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 light-bulbs 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.



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.

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