



Resident Wellness Newsletter



Fall Prevention

SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH

Fall Prevention

1 KEEP MOVING
Begin an exercise program to improve your leg strength and balance.

2 SPEAK UP
Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

3 GET AN ANNUAL EYE EXAM
Replace eyeglasses as needed.

4 MAKE YOUR HOME SAFER
Remove clutter and tripping hazards.

TAKE CHARGE
4 Things You Can Do to Prevent Falls

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

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Each year, more than 25 percent of adults age 65+ have a fall, and 3 million are treated in emergency departments for falls-related injuries, according to the [Centers for Disease & Prevention \(CDC\)](https://www.cdc.gov).

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.

**Visit our Website to
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Your Take Charge Handout Today!**

<https://live2bhealthy.com/balanced-wellness-materials/balanced-wellness-materials-september/>

Fall Risk Factors:

The risk of falling in older adults is usually related to combination of factors, including:

- Balance and/or walking problems. Balance can be affected by vision changes, vestibular problems and altered sensation in the feet.
- The use of multiple medications. Studies indicate that when individuals take five or more medicines, the risk of falls increases.
- Home hazards (including dim lighting and trip hazards)
- Positional low blood pressure (such as orthostatic hypotension, when blood pressure drops upon standing).
- Feet and footwear issues

Falls often occur in the bathroom when sitting or standing from the toilet or shower, or at night in a dark bedroom when getting up quickly and tripping on the way to the bathroom.

Read More: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/fall-prevention-exercises>

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.

Live 2 B Healthy® is Proud to Partner with:



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