

ANYONE CAN FALL

Prevent it from happening to you

Staying Physically Active

Regular physical activity helps people of all ages and abilities stay healthy. It helps people stay strong, maintain their mobility, balance, and flexibility. It also prevents diseases and conditions that can increase the risk of a fall.

Other benefits of physical activity

- Increases energy, confidence, and ability to participate in events with family and friends.
- Reduces the risk of falls. By reducing their risk of falls and related injuries, older adults can better maintain independent lifestyles.
- Can improve personal mood and mental health.
- Provides social benefits. Group exercise classes are a terrific way to meet new people.

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.

Finding Balance NOVA SCOTIA Trauma NB

Before Getting Active

- Your body needs energy. Eat well, with a balanced diet.
- Drink lots of water. Your body needs to be well hydrated, especially when you are exercising.
- Wear comfortable clothes and sturdy shoes suited for your activity.
- For outdoor activity, pay attention to the weather. Dress appropriately and think about your safety.
- If you are unsure if exercise is safe for you, talk with your health care provider or a certified exercise specialist. This is especially important for older adults who are at a higher risk for falls.

Helpful Tips

- Ease into it. Start with a gentle 10-minute session. Gradually increase length and intensity over time.
- Throughout the year, try to find a wide range of physical activities in different environments and settings.
- Make it a habit. Exercise a few hours each week, all year long. It will help you build and maintain your strength and your balance.
- Consider an exercise-based fall prevention program. These programs help participants stay active and reduce their risk of falling by improving their balance and coordination. Programs are available for people to complete alone in their homes. In many communities, these programs are also offered in a group setting.
- Remember: every little bit helps. Any amount of physical activity will help you live well.

SCAN for the website

For more fall prevention information and **resources for older adults and caregivers**, visit the Finding Balance NS website at ***www.FindingBalanceNS.ca***

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