



# EXERCISE AND FALL PREVENTION

FALLS ARE NOT A  
NORMAL PART OF AGING!  
YOU HAVE THE POWER TO  
REDUCE YOUR RISK OF  
FALLING

**Exercise** helps you maintain **independence** by maintaining and/or increasing **strength, endurance** and **flexibility**

**Lack of exercise** leads to **weakness** and **joint instability** which **increases** your chances of **falling**

**Exercise** increases **confidence**, **reduces the fear** of falling, and increases your **ability to catch yourself** when thrown off balance

It is **never too late** to start an **exercise** program

**Exercise Improves**  
Health-Related Quality of Life  
Physical Functioning  
Physical Conditioning  
Leg Strength  
Posture  
Balance  
Gait

Exercise Recommendations

**Aerobic:** at least 30min of moderate physical activity on 3—5 days/week

**Strength:** resistance train each major muscle group 2—3 days/week

**Flexibility:** stretch each major muscle group for a total of 60sec on  $\geq 2$  days/week

**Balance and Coordination:** 3—4 days/week

**Best Exercises for Balance**

- Tai Chi
- Walking
- Water aerobics
- Strength training



**Independence Physical Therapy**

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