



10 BIG STEPS
TO PREVENT FALLS

BIG Steps 3 & 4:
Exercises to Reduce Your Falls Risk

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Holmes County General Health District
Ohio Northern University
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Select Home Care



Physical activity

- Engage in regular physical activity to improve your strength and balance, and reduce your risk of falling!
- Regular physical activity decreases stress, increases your ability to manage stress, and leads to a better mood overall.



Physical activity

- Scientists have found that staying physically active and exercising regularly can help prevent or delay many diseases and disabilities.



Physical Activity

- Lack of physical activity can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.



What's the difference between physical activity and exercise?

What's the difference?

- **Physical activities** are activities that get your body moving such as:
 - Gardening
 - Walking the dog
 - Taking the steps instead of the elevator



What's the difference?

- **Exercise** is a form of physical activity that is specifically planned, structured, and repetitive, such as:
 - Weight training
 - Tai chi
 - Yoga
 - Aerobics



Exercise

- Most people tend to focus on one type of exercise or activity and think they are doing enough, but it's not enough.
- Research has shown that it is important to do four specific types of exercise to really show an improvement in health.



The 4 Types of Exercises Recommended for Older Adults

1. Endurance

2. Strength

3. Balance

4. Flexibility



Endurance

- Endurance is often referred to as aerobic activities. These activities increase your breathing and heart rates.
- Examples include:
 - Brisk walking or jogging
 - yard work
 - Dancing
 - Swimming
 - Biking
 - Climbing stairs or hills



Strength

- Strength exercises include lifting weights.



Balance

- Balance exercises help prevent falls.
- Many lower-body strength exercises also will improve your balance.



Flexibility

- Stretching your muscles can improve your flexibility



Evidence-based fall prevention programs in Ohio



Tai Chi: Moving for Better Balance

(also known as Tai Ji Quan: Moving for Better Balance)

- An exercise program that helps improve balance, increases strength and flexibility through completing 8 adapted Tai Chi movements.
- Through Tai Chi, you become more familiar with being able to balance in a number of different positions which increases leg strength and balance.

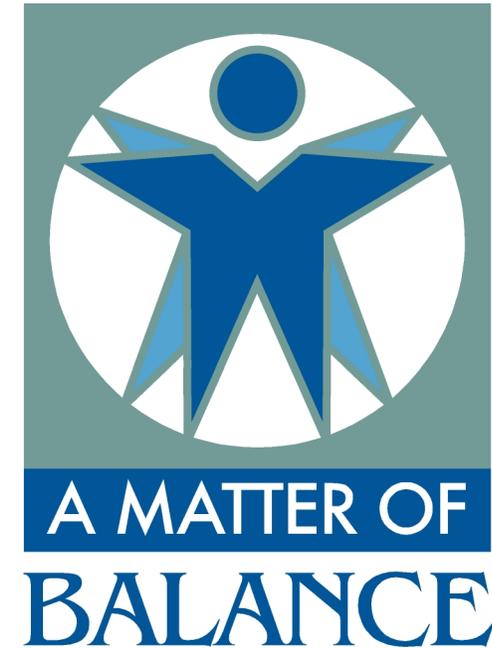


Benefits of Tai Chi

1. Decreased stress and anxiety
2. Increased aerobic capacity
3. Increased energy and stamina
4. Increased flexibility, balance and agility
5. Increased muscle strength and definition

A Matter of Balance: Managing Concerns About Falls

- Many older adults experience concerns about falling, and restrict their activities because of that fear.
- **A MATTER OF BALANCE** is designed to manage falls and increase activity levels through falls prevention education and exercise.



MANAGING CONCERNS ABOUT FALLS

A Matter of Balance

Participants of A Matter of Balance learn to:

- Set realistic goals to increase activity
- Change their environment to reduce fall risk factors, including home safety
- Learn simple exercises to increase strength and balance

Questions to ask your doctor before beginning any exercise program

1. Are there any exercises or activities I should avoid?
2. Is my preventive care up to date?
3. How does my health condition affect my ability to exercise?



How much physical activity should I do in a week?



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

How do I get started?

- Find ways to increase your daily activity and then start slowly.
- Create short and long term goals.
- Develop a weekly physical activity/exercise plan that is realistic for YOU!
- Find a friend who can be your accountability partner and exercise together!

Stay POSITIVE!

- Celebrate your successes no matter how small they are!
- Don't get down if you miss a day or two, just get back into your routine.
- Smile, you are showing others what positive aging looks like!



It's time...

- To get moving!
- To realize that you can be active no matter your age or circumstance!
- To take a stand against falls!



References

<https://bit.ly/325aaW2>

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<https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>

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<https://mainehealth.org/healthy-communities/healthy-aging/matter-of-balance>

Join us tomorrow for

BIG Steps 5 & 6: Fall-Proof Your Home

Presented by:

Ann Smith

The Ohio State University

Wexner Medical Center



THANKYOU!

Find more information to help prevent falls: www.steadyu.ohio.gov



Ohio

Department of
Aging



**OHIO INJURY PREVENTION
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Older Adults Falls Prevention Coalition