

Media Release



**November is Fall Prevention Month
Stay On Your Feet Campaign to Focus on Staying Active during
the Winter Months
November 2, 2018 - For immediate release**

Falls are a serious issue for older adults. An estimated one in three older adults fall each year. In Ontario, adults over the age of 65 are more likely to suffer an injury from falling than the rest of the population.

To raise the profile of fall prevention in older adults, Timiskaming is joining regional and local partners in celebrating Fall Prevention Month in Ontario. This year's local campaign will focus on *Staying Active during the Winter Months*, and the importance of being physically active to stay healthy and independent.

Regular exercise helps you to sleep better, reduces chronic pain, prevents and manages chronic disease, boosts morale and confidence, helps to prevent falls and injuries and stay independent. And most importantly, it's fun!

The Canadian Society of Exercise Physiology (CSEP) recommends adults aged 65 and older accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more. All older adults, including those with poor mobility, should be physically active to enhance balance and prevent falls.

It is important to keep moving in the winter months to stay strong, help your balance and give you more energy. Choose activities that increase muscle strength in your legs and upper body and that improve your balance, posture and stamina.

The local Stay on Your Feet Coalition partners have developed a bilingual Guide to Exercise Opportunities for Older Adults in Timiskaming. This tool outlines many free group exercise programs available in the communities across the district. For a copy of your guide visit www.timiskaminghu.com

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