



# Stay On Your Feet...

## Step 1: Be Active

The best way to reduce your risk of falling is to be physically active. Choose an activity you enjoy so you'll stick to it and do it regularly.

### How much physical activity?

The Canadian Society for Exercise Physiology (CSEP) states:

- To achieve health benefits and improve activities of daily living, adults aged 65 and older should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least two days per week.
- All older adults, including those with poor mobility should perform physical activities to enhance balance and prevent falls.
- More physical activity provides greater health benefits.

### How can you be active?

Choose activities that increase muscle strength in your legs and upper body and that improve your balance, posture and stamina. Here are some examples of activities that can help:

- Strength training and fitness classes such as aerobics or aquafit.
- Pole walking or a walking group.
- Gardening and housework, washing the car or walking the dog.
- Activities that focus on balance such as tai chi, yoga or pilates.
- Swimming, cycling, dancing, golfing, tennis or bowling.

### Talk to your health care provider

Even if you have health problems, you can still be active. Talk to your health care provider if you feel you are limiting your activity because you are afraid of falling. Being active can increase your quality of life and independence. Listen to your body. Talk to your health care provider if something does not feel right when you start exercising.

# What am I doing to be physically active?

Review your current activities and complete the table below. An example is given to help.

What positive steps am I already taking?	What changes might help me stay on my feet?	How will I make these changes? Is there anyone I need to contact?	When will I make these changes?
I walk with my friend Mary on Mondays.	I will add strength and balance exercises to my physical activity routine.	I will check with my local public health unit and community centre to see what local classes are available.	I will call my local public health unit tomorrow.

Who else do you know who would benefit from this information?

## Stay Active, Stay Independent and Stay On Your Feet!

For more information about risk factors for falls or local falls prevention programs, contact: **Stay On Your Feet Timiskaming**

**Telephone:** 705.647.4305, toll-free 1.866.747.4305

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