

A fall is an event that results in a person coming to rest unexpectedly on the ground, floor or other lower level. Many falls happen because a person is unable to recover their balance once it is lost.

HOW DO I STAY SAFE?

- Always seek advice from your health care provider if you have any medical conditions, recent surgery, dizziness, pain, balance difficulties or feel unsafe doing any of these exercises on your own.
- Consider contacting a physio or exercise therapist for the most appropriate exercises for you.
- Exercise regularly to build strength as well as improve your balance and coordination.
- Move - “Sitting is the new smoking”. Sitting around and not moving is killing us.
- **Just move - move in whatever way you want and are able. When we sit most of the time, our bodies get a little weaker and a little less flexible each day.**
- Walking helps build muscle strength and tone, but it does not improve your balance.
- Plan to add balance exercises to your exercise routine.
- Focus on those areas that help you keep your balance such as ankles, feet and leg strength.

