







FALLS PREVENTION & PHYSICAL ACTIVITY

- Research has demonstrated that most falls are avoidable with appropriate education, awareness, screening, assessment, intervention and prevention activities (Sinha, 2012).
- One of the best ways for older adults to prevent falls is through regular physical activity, especially activities that increase strength and balance (Sinha, 2012).

FALLS PREVENTION & PHYSICAL ACTIVITY

- Encourage participants to work towards meeting the Canadian Physical Activity Guidelines
- For community-based older adults, the Seniors' Fitness Instructor Course (SFIC) Gold Standard Class is an effective falls prevention exercise class.

SFIC CLASS COMPONENTS

Warm-up
 Cardiorespiratory Endurance
 Cardiorespiratory Cool-down
 Balance
 Muscular Training
 Flexibility/Stretching

We practice balance in each of these components
 Falls prevention exercises can be done throughout class

EXERCISES

- Go at your own pace
- Listen to your body
- Practice safe movements
- Breathe
- Think beyond the exercises presented
- HAVE FUN!

WARM-UP

- Walking (continuous)
- Shoulder shrugs (shoulders)
- Bicep curls (elbows)
- Wrist circles (wrists)
- Finger touching (fingers)
- Tip toe/heel walking (ankles)
- Opposite hand/knee walking (knee/hips)
- Step out-touch, step-in, repeat (hips)

CARDIO

- Weight shifting
 - Walking with hand movements
 - Step touch/double
 - Boxing
 - Walking with light hand weights
 - Using the wand as an enhancer

CARDIO EXAMPLE

Move – Little Mix

- Step together step touch with arms
- March
- March with arms up, up, down, down
- March with hands turning, then opposite way
- March and pump
- Repeat



CARDIO COOL-DOWN

Using the Wand While Walking

- Figure 8's (shoulders)
- Wand behind, wand side to side (elbows)
- Wand behind, roll wand up/down (wrists)
- Tip toes/finger walking (ankles/fingers)
- Heel/finger walking (ankles/fingers)
- Wand & knee touching (hips/knees)



BALANCE

- Remind the class that we practice balance activities to help them with activities of daily living (ADL)
- The muscles in our body are able to remember different movements
 - The more we practice balance, and recovering from feeling unbalanced, this is going to translate when we are doing ADL

DYNAMIC BALANCE

- Movement of the centre of mass over the base of support
 - T'ai Chi
 - Heel/toe weight shifting
 - Reaching forward/back
 - Clock game

STATIC BALANCE

- Maintaining balance by making slight adjustments while holding a static position
 - One-legged stance
 - One foot in front of the other
 - ◆ Lift up front toes, back heels
 - ◆ Toes only
 - Reach forward and hold

FUNCTIONAL BALANCE

- Practice activities of daily living
 - Vacuuming out the care
 - Cleaning the curtains
 - Dusting the cobwebs
 - Planting flowers & gardening
 - Shoveling snow (hopefully not now....)
 - Getting in and out of the bathtub
 - Picking up an object from the ground

* Remember to hinge at the hips and to bend at the knees!

MUSCULAR TRAINING

- Particularly important because it helps to build strength in muscles and density in bones (along with weight bearing activities like walking)
 - For the person that is unbalanced, it may become easier to regain balance
 - For the person that does fall, their injury may not be as severe if bones are dense

MUSCULAR TRAINING

- Muscular Strength: 1-2 sets, 8-12 reps
 - Squats, Leg Ball Squeeze
- Muscular Endurance: 1-2 sets, 15-20 reps
 - Chair Sit-ups, Back Extensions
- Muscular Power: 1-2 sets, 6-10 reps
 - Heel Raises, Toe Lifts

FLEXIBILITY/STRETCHING

- Some stretches challenge balance
- Include stretches for all major muscles
- Hold stretches for 15-20 seconds

CLASS ADD-ON'S

- Include falls prevention education before, during or after class
 - Make sure info is from a credible source
- Do a falls risk screen with participants to identify if they are at risk of falling
- Complete functional assessments to determine if there are components of fitness that can be improved

QUESTIONS?

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