

Ten Tips to Better Balance

Senior Planet Workshop Handout

Physical activity is a cornerstone of a healthy lifestyle. Yet as we age, being active comes with a higher risk of falling. Strength, agility, decision-making and reaction time are some of the factors in balance that tend to weaken and slow down with age. These and other factors contribute to an increased risk of falling.

Balance is a skill that needs to be practiced. Unfortunately, as we age we tend to be less active, which makes us more prone to falling. While we can't prevent all types of age-related decline, we are able to lessen the impact that age-related decline has on our balance skills by doing specialized strength and balance training.

1. Strength Exercises

Anti-gravity muscles + core + ankle flexibility

2. Flexibility/ROM

Helps with agility, mobility and stability

3. Balance Exercises

Movements that include: 3 planes of motion; mobility and agility; static and dynamic

4. Posture and Gait

5. Sensory Check: vestibular, vision, proprioceptive

6. Meds Check

7. AAA: Alert, Aware, Attentive

8. Challenge Yourself (Safely)

9. Assistive Devices

10. Overall Health