



# You have the power to build better balance

Balance Builder Workshop





## 3 topics we'll cover today

**01** External risk factors

**02** Internal risk factors

**03** Exercises

"I am stronger from the weight training and have improved my balance. Thus, I have less fear of breaking a hip due to a fall."<sup>1</sup>

- Joelle, SilverSneakers Member

1. Results may vary. Not all participants will achieve these results or benefits.



# External risk factors

## Environmental issues

Risky behaviors that can cause a fall:

- Balancing on a chair
- Walking on uneven flooring, including stairs
- Not asking for help
- Wearing unstable footwear



# Take control to prevent falls

- 01** Know your limitations.
- 02** Don't be ashamed to ask for help.
- 03** Keep sturdy step stools nearby.
- 04** Clean up clutter.
- 05** Wear stable shoes.
- 06** Wear your glasses as needed.
- 07** Organize things so they are easy to reach.
- 08** Tape rugs down securely.
- 09** Use nightlights.
- 10** Install railings and grab bars.



# Internal risk factors

## Biological issues

- Balance and mobility
- Reaction time
- Muscular strength
- Alertness
- Blood pressure
- Position awareness
- Inner ear sensation
- Vision



# Improve your balance with exercise

- Static and dynamic balance
- Posture
- Agility
- Muscular strength, power and endurance
- Flexibility



# Let's try some exercises together

## Perceived exertion chart

<b>1</b> <b>Okay to go</b> "I feel great, and I'm breathing normally."	<b>6</b> <b>Moderate to intense</b> "I'm exercising harder than I thought I would. I'm getting a workout"
<b>2</b> <b>Very, very light intensity</b> "I feel terrific. I don't even feel like I'm exerting myself."	<b>7</b> <b>Intense</b> "The workout is hard, but I can take it."
<b>3</b> <b>Very light intensity</b> "This is fun. I feel like I could go forever."	<b>8</b> <b>Very intense</b> "This is difficult. I'm breathing hard. I'm not sure how long I can go."
<b>4</b> <b>Light intensity</b> "I can tell I'm exercising. I feel good."	<b>9</b> <b>Very, very intense</b> "I'm very uncomfortable. I can't talk in a normal tone of voice. I should slow down."
<b>5</b> <b>Moderate intensity</b> "I'm sweating a little. I'm working."	<b>10</b> <b>Maximum intensity</b> "I'm completely exhausted. I must slow down immediately."





## Doing great!

Did you find the exercises  
easy or difficult?





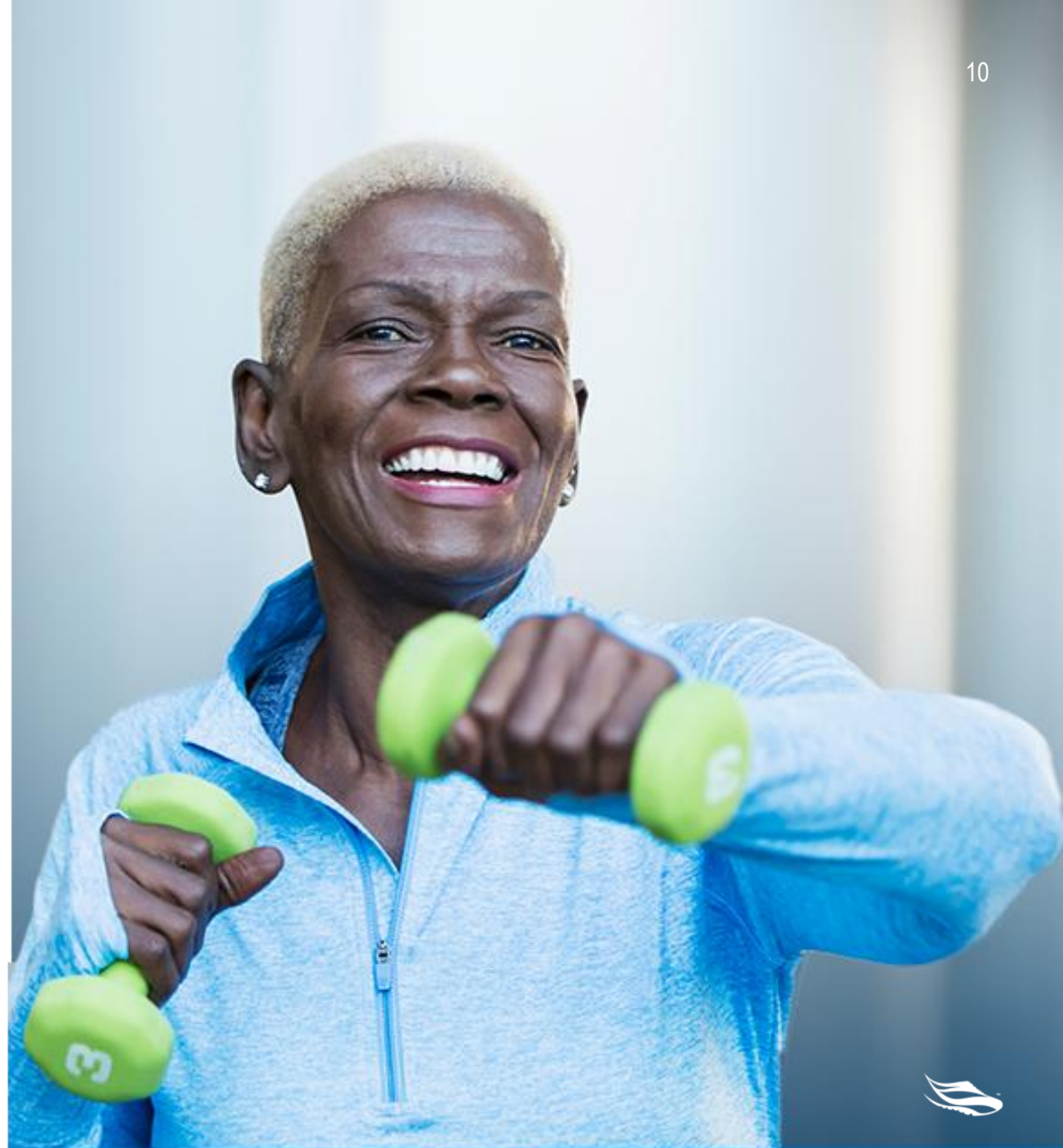
## Did you know?

Exercise professionals, such as SilverSneakers instructors and staff, can safely introduce you to many types of exercises. They can also teach you proper form so you're safe and confident.



# SilverSneakers benefits

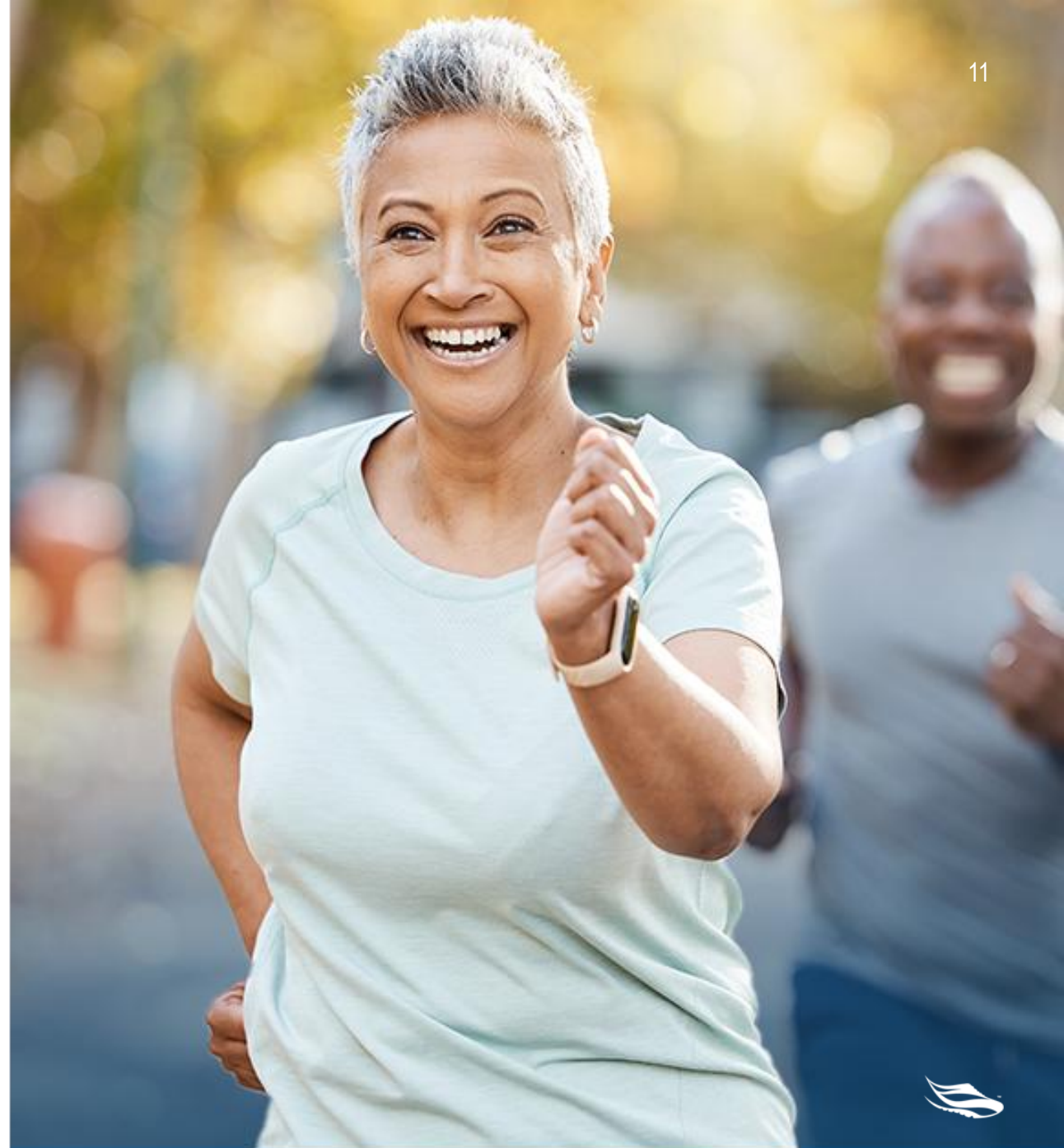
- Exercise in a safe environment.
- Get support from trained instructors.
- Enhance balance and flexibility.
- Boost energy, endurance and strength.
- Stay mobile and independent longer.
- Improve overall health.



# Signature SilverSneakers Classes<sup>2</sup>

- Classic
- Circuit
- Yoga
- Splash
- Stability

2. Membership includes SilverSneakers instructor-led classes. Some locations offer members additional classes. Class vary by location.





# SilverSneakers Community Classes<sup>2</sup>

- Tai chi
- Pole walking
- Latin dance
- Many more

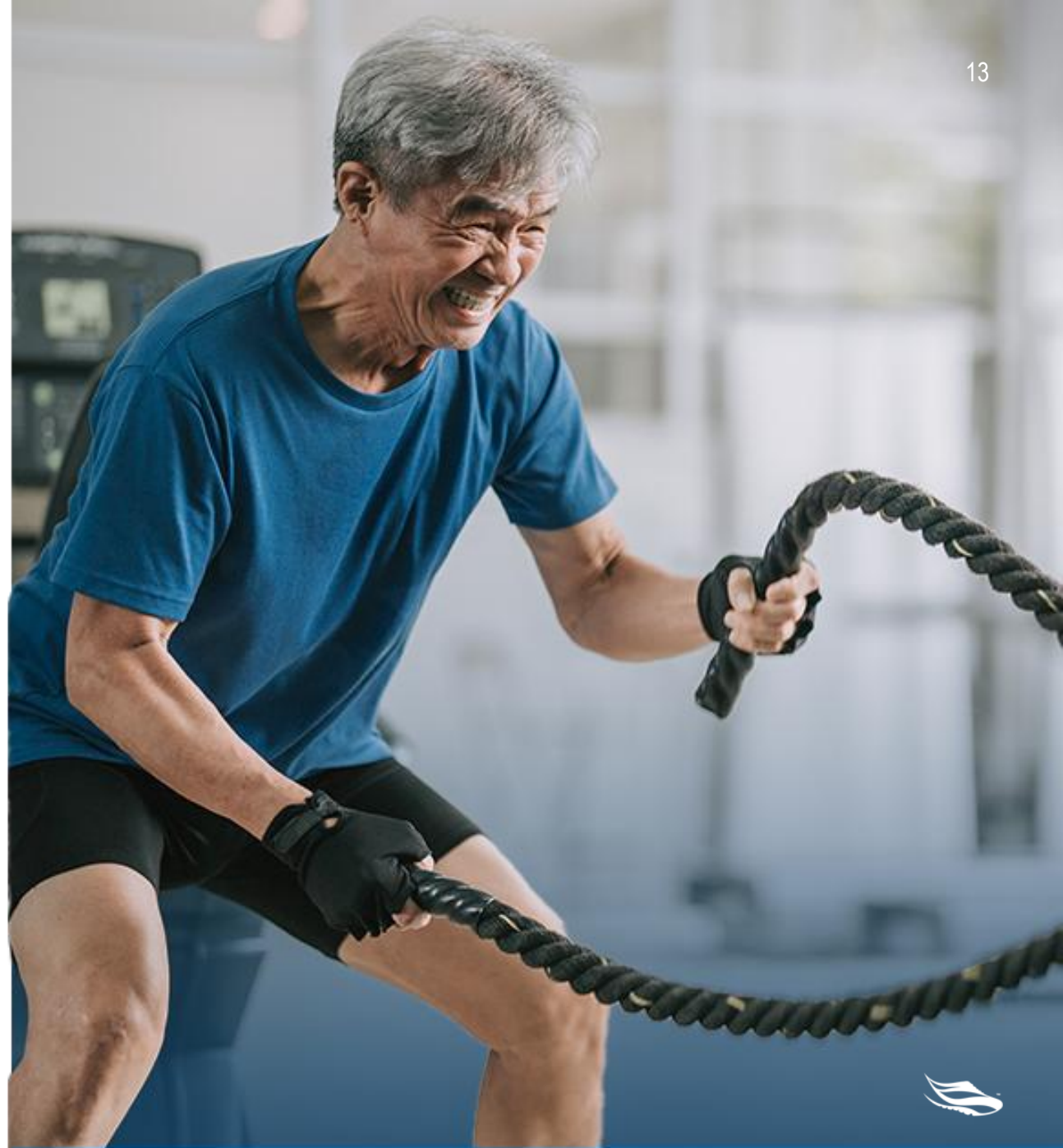
2. Membership includes SilverSneakers instructor-led classes. Some locations offer members additional classes. Class vary by location.



# SilverSneakers BOOM Classes<sup>2</sup>

- Mind
- Muscle
- Move

2. Membership includes SilverSneakers instructor-led classes. Some locations offer members additional classes. Class vary by location.



# You have the power to improve your balance

## 3 things to remember:

- We all have the ability to get stronger and reduce risk of falling.
- Change your environment, reduce risky behaviors and add exercise.
- SilverSneakers is a great place to start.



# References

1. Administration on Aging, Administration for Community Living, U.S. Department of Health and Human Services (2014). A Profile of Older Americans: 2014. Retrieved 6 20, 2015, from AOA.gov website: [http://www.aoa.gov/Aging\\_Statistics\Profile\2014\docs\2014-Profile.pdf](http://www.aoa.gov/Aging_Statistics\Profile\2014\docs\2014-Profile.pdf)
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3. National Institute on Aging. (n.d). Go4Life. Retrieved July 1, 2015, from National Institute on Aging: <https://go4life.nai.nih.gov/>
4. Rose, D.J. (2010). *FallProof!: a comprehensive balance and mobility training program*. Champaign: Human Kinetics
5. Signorile, J.F. (2011). *Bending the aging curve: the complete exercise guide for older adults*. Champaign: Human Kinetics







**Thank you**