

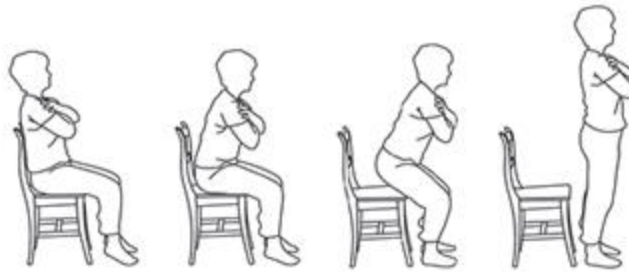


The Number One Exercise to Prevent Falls

Falls prevention is an important issue for older adults – and with good reason. A fall could lead to a broken bone or other injury that would be an inconvenience at best and a serious health set-back at worst. Why not take just a little time to do one quick exercise daily that can help you reduce your risk of falling? Keep these three points in mind:

1. One of the most important factors in falls prevention is **BALANCE**.
2. One of the most important factors in good balance is **LEG STRENGTH**.
3. One of the best ways to improve leg strength is with the “**SIT-TO-STAND**” exercise.

The Sit-to-Stand exercise is simple to do and requires only a sturdy chair. The movement is quite straightforward: stand up and sit back down without using your arms to assist.



A Few Tips:

- Make sure the chair is sturdy (no wheels and not a flimsy chair). Push the chair up against a wall for maximum stability.
- How many? To test yourself, see how many you can do in 30 seconds.
 - If you are unable to do even one repetition, it would be unsafe to proceed but that's ok! Contact your physician or a fitness professional for exercise recommendations that are right for you.
 - If you can do less than 10 repetitions, start with whatever amount you can do and then gradually build up to 10-20 or more. If you need a little help from your upper body to push off of the chair or hold onto a railing, that's ok in the beginning but the goal is to gradually be able to perform the exercise unassisted. You will get there if you do the exercise consistently!
 - If you can do 10 or more repetitions, continue to do as many as you can daily to maintain and build your strength. If you can do 30 or more, consider contacting a fitness professional for a more challenging exercise routine.



Cathy Richards, M.A. is an exercise physiologist who specializes in fitness for older adults and provides tips for Masterpiece at Home members. You can find more fitness tips created just for you at [enter Masterpiece link].