

SUMMERVILLE

Family Health Team

Healthy Aging Series: Linking Balance with Longevity

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Session Overview



Learn about the importance of balance for health



Participate in performing balance-focused exercises together



Plan how you can start incorporating balance and strengthening exercises into your week

The Facts About Falls



1. Falls are the most common cause of injury among older Canadians
2. Every year, 1 in 3 seniors aged 65 years or older are likely fall at least once
3. The consequences of falls later in life can be detrimental leading to hospitalizations, reduced quality of life, and chronic pain

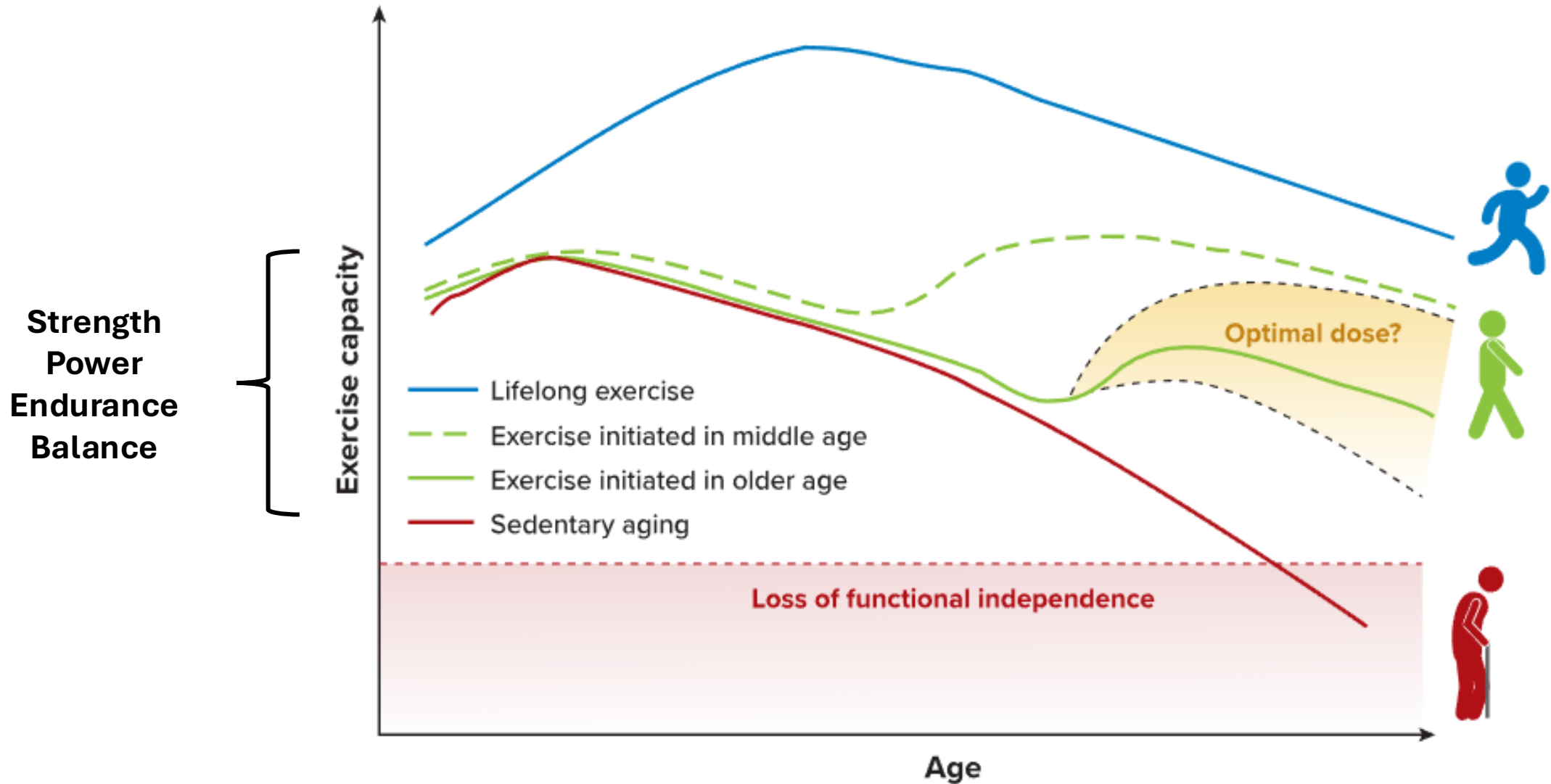
The good news...falls are PREVENTABLE!!!

It's Not Just Clumsiness...



- Aging and injury can have a dramatic effect on our balance
- With age:
 - The inner ear balance system declines
 - Strength of eyesight changes
 - Muscles decline in size & strength
- Exercise helps lower the risk of falls

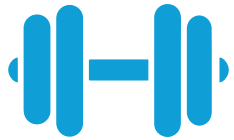
Aging and Physical Capacity



Canadian Physical Activity Guidelines- Older Adults



Moderate-to-vigorous aerobic physical activity at least 150 minutes per week



It is important to include **muscle and bone strengthening activities** at least 2 times each week



Physical activities that **challenge balance**



More physical activity provides **greater health benefits**

Types of Physical Activity

Aerobic



Resistance



Balance



Improving Balance Through Strength



- Balance specific exercises are great to perform, but OVERALL any exercise that increases our strength & power will also improve our balance
- The stronger we are the less likely we are to suffer from fall related injuries

Creating a Strength & Balance Program: The FITT Principle

Frequency: How many times per week?

- ✓ ≥ 2 times per week

Intensity: Degree of effort during exercise session

- ✓ Moderate-vigorous (cannot sing or talking becomes difficult during movement)

Time: Duration of exercise session (# of exercises, repetitions of each exercise, and # of sets for each exercise)

- ✓ 4-10 exercises, 5-25 repetitions, ≥ 2 sets, rest 1-3 minutes between sets

Type: Mode of exercise → **based on abilities and enjoyment!**

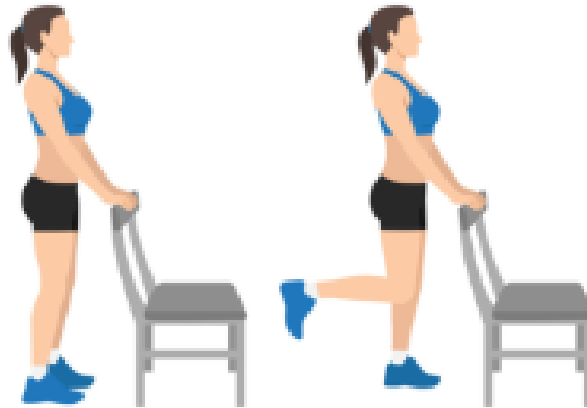
- ✓ Free weights, machines, body weight, resistance bands that target major muscle groups (especially the lower body!)

Strength & Balance Exercises

Chair Stands/Squats



Single Leg Balance with Support



Leg Raise with Support



Strength & Balance Exercises

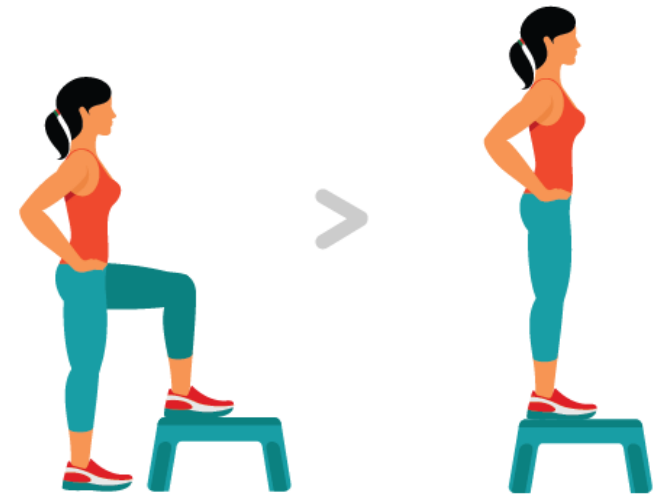
Marching on the Spot



Supported Lunge



Step Ups



Strength & Balance Exercises

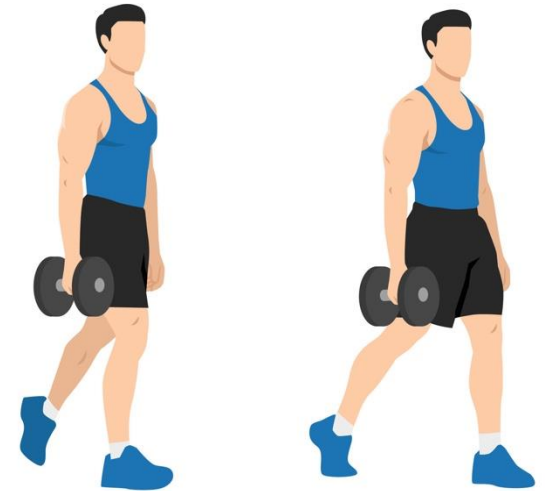
Heel-Toe Stance



Heel Raises



Suitcase Walk



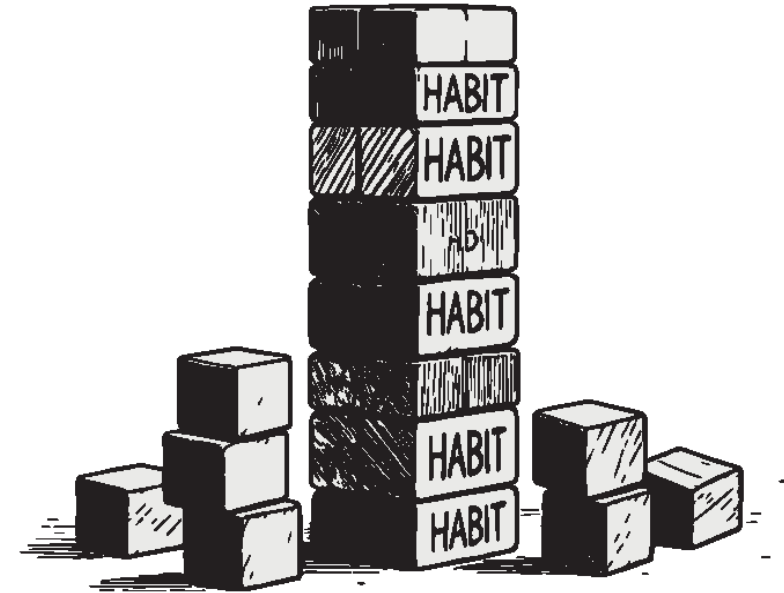
Interactive Portion: Time to Move!

- What you need:
 - ✓ Sturdy chair
 - ✓ Space around you (with no objects on the ground)
 - ✓ Footwear with grip/support
- Take breaks when you need
- Use support to start



When Should I Perform These Exercises?

- The time of day when you will be most consistent!
- Try and stack exercises with activities or routines you already do
 - perform chair squats when the coffee/tea is brewing
 - practice standing on one leg after brushing your teeth
 - heel raises between commercial breaks while watching tv
- Start small - select 1 of the exercises we performed today and plan a time to complete it on another day this week
- ***Consistency is necessary for improvements!***



Safety with Balance Training



- Be sure the floor is free from debris, so you do not trip on anything
- Have a wall, counter, or sturdy chair close by in case you need to steady yourself
- Wear proper shoes or go barefoot so you do not slip
- Start low and progress slowly

Tips: How Can I Stay Steady As I Age?



Engage in regular physical activity → especially ones with a strength and balance focus



Keep home free of trip hazards (loose rugs, cluttered walkways, trailing electrical cords, uneven flooring, poor lighting, and items left on stairs)



Wear appropriate footwear and aids for hearing and seeing during your daily activities



Continue taking prescribed medications regularly and have dosages reviewed by your health care provider

SUMMERVILLE

Family Health Team



SUMMERVILLE IS ACCEPTING PATIENTS

at

Various Clinic Sites

*Providing Comprehensive Family Medicine
for Patients of All Ages*



The Summerville team includes: physicians, registered nurses, registered practical nurses, nurse practitioners, social workers, registered dietitians, health promotion specialists, clinical pharmacists, a kinesiologist, a physiotherapist, and administrative staff.

CALL TO BOOK AN APPOINTMENT

905-507-3019



Questions?

