

# Fall Prevention

## Simple Exercises for a Safer Tomorrow

To help prevent falls, older adults should focus on exercises that improve strength, balance, and flexibility. Here are some of the best exercises:



### Strength Training

- 1. Chair Squats:** Stand up from a seated position in a chair and then sit back down. Repeat to build leg strength.
- 2. Heel Raises:** Stand behind a chair, hold onto it for support, and lift your heels off the ground. Lower back down and repeat to strengthen calf muscles.
- 3. Leg Lifts:** While seated, extend one leg out straight and hold for a few seconds, then lower it. Repeat with the other leg to strengthen thigh muscles.



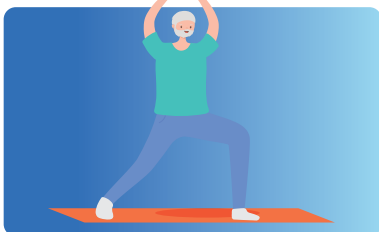
### Balance Exercises

- 1. Standing on One Foot:** Stand on one foot while holding onto a sturdy surface for support. Gradually try to balance without holding on.
- 2. Heel-to-Toe Walk:** Walk in a straight line, placing the heel of one foot directly in front of the toes of the other foot. This helps improve balance.



### Flexibility Exercises

- 1. Seated Hamstring Stretch:** Sit on the edge of a chair with one leg extended straight and the other bent. Reach towards the toes of the extended leg to stretch the hamstrings.
- 2. Calf Stretch:** Stand facing a wall, place one foot behind the other, and press the heel of the back foot into the ground to stretch the calf muscles.



### Functional Exercises

- 1. Sit-to-Stand:** Practicing sitting down and standing up without using your hands helps improve leg strength and balance.
- 2. Step-Ups:** Step up onto a sturdy platform or step and then back down, alternating feet. This mimics the motion of climbing stairs and improves leg strength and balance.

Incorporating these exercises into your routine can significantly reduce the risk of falls and improve overall health and well-being. Always consult with a healthcare provider before starting a new exercise program.



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