



Falls Prevention & Exercise: Common Exercises

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Balance Training Is Very Important

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But Where Do We Start?

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Discovering What To Look For Is A Great First Step!

Balance Training



Benefits



How To Start



What To Look For



Benefits

Improves

- Posture
- Strength
- Mobility
- Self-Esteem

Reduces

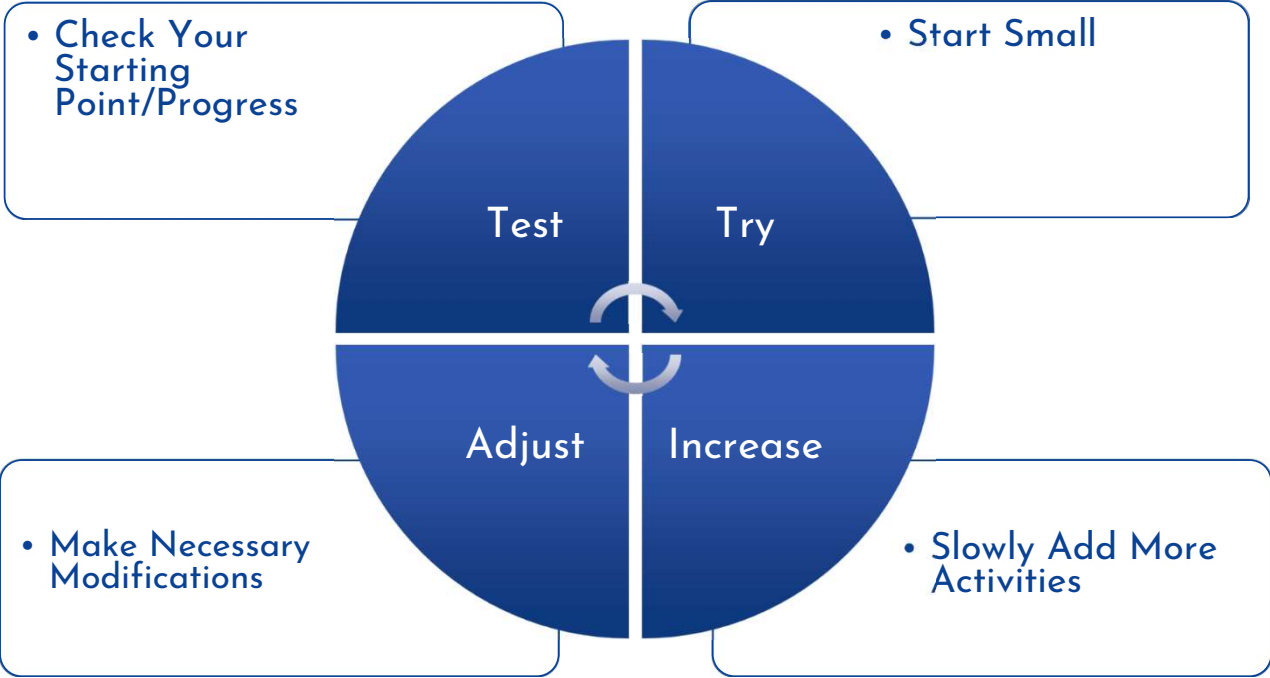
- Fear Of Falling
- Age-Related Decline **



The future
starts
today

How To Start

How To Start



How To Start

Test

- Use A Standardized Test
 - E.g. The **Berg Balance Test**

Try

- Start With Short Activities
- Join A Group Class
- Use Online Videos

Increase

- Add More Exercises/Resistance/Challenge

Adjust

- Modify The Exercises Based On Your Abilities

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What To Look For



What To Look For

Static And Dynamic Exercises

Change In Base Of Support

Variations In Center Of Gravity

Different Surfaces

Increases In Difficulty

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**With Great Practice,
Our Bodies Can Do
Great Things!**

Want Additional Support?

- ▶ Book A Virtual Appointment With Me!
 - ▶ 1 Hour One On One For Initial Session
- ▶ A Kinesiologist Can Help You Use Exercise For:
 - ▶ Chronic Diseases And Injuries
 - ▶ Arthritis
 - ▶ Low Back Pain
 - ▶ Tendonitis And Bursitis
 - ▶ Falls Prevention
 - ▶ Performance
 - ▶ Improving Health And Independence

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