



REDUCING FALL RISK AS WE AGE

1 FALL RISK WITH AGING



- Falls become more common as we age.
- One of the leading causes of injury in older adults.

Falls can lead to:



FRACTURES



HEAD INJURIES



HOSPITALIZATION



LOSS OF INDEPENDENCE



EARLY MORTALITY

3 BUILD STRENGTH TO PREVENT FALLS



SQUATS



STEP-UPS



SIT-TO-STAND DRILLS



RESISTANCE BANDS



FARMER CARRIES



- Strength training 2-4 days per week.
- Focus on legs, hips, core, and grip strength.
- Stronger muscles improve stability and reaction capacity.

2 WHY FALL RISK INCREASES WITH AGE



LOSS OF MUSCLE MASS



REDUCED BALANCE & COORDINATION



SLOWER REACTION TIME



REDUCED FLEXIBILITY & MOBILITY



VISION & HEARING DECLINE



JOINT STIFFNESS



MEDICATION SIDE EFFECTS



NEUROPATHY & CHRONIC DISEASE

Falls are often caused by multiple small declines occurring together over time.

5 MAINTAIN MOBILITY & FLEXIBILITY



STRETCHING



MOBILITY DRILLS



WALKING



DYNAMIC WARM-UPS



- Tight muscles and stiff joints increase instability.
- Maintain good range of motion and movement quality.
- Maintain stride length, good posture, and natural movement.

4 IMPROVE BALANCE & COORDINATION



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SINGLE-LEG STAND



HEEL-TO-TOE WALKING



STABILITY DRILLS



- Practice balance several times per week.
- Balance improves through repetition.
- Use safe support as needed.

6 CARDIOVASCULAR FITNESS & WALKING



WALKING



CYCLING



SWIMMING



STAIR CLIMBING



- Improves endurance, circulation, and heart health.
- Supports brain and nervous system function.
- Helps preserve walking capacity and daily energy.

7 PROTECT BONE HEALTH



RESISTANCE TRAINING



ADEQUATE PROTEIN



VITAMIN D



Strong bones reduce fracture risk if falls occur.



CALCIUM



AVOID SMOKING



LIMIT ALCOHOL

8 HOME & ENVIRONMENTAL SAFETY



LOOSE RUGS



POOR LIGHTING



CLUTTER



SLIPPERY FLOORS



UNSAFE FOOTWEAR

PREVENTION:



HANDRAILS



GRAB BARS



PROPER SHOES



NIGHT LIGHTING



REMOVE HAZARDS

9 VISION, HEARING & MEDICAL REVIEW



REGULAR VISION CHECKS



HEARING EVALUATION



WEAR PROPER, WELL-FITTING FOOTWEAR



REVIEW MEDICATIONS WITH YOUR DOCTOR



SOME MEDICATIONS CAN CAUSE DIZZINESS OR DROWSINESS



MANAGE CHRONIC CONDITIONS

10 INDEPENDENCE THROUGH MOVEMENT



- Movement preserves strength, balance, and confidence.
- Prevention is easier than recovery.
- Small, consistent habits make a big difference.
- It's never too late to reduce your fall risk!

STRENGTH, BALANCE, MOBILITY, AND MOVEMENT ARE ESSENTIAL FOR LIFELONG INDEPENDENCE.

