

Physical activity can prevent falls and fall-related injuries

It is always the right time to start

- Even a small amount of regular exercise is good for mobility and health.
- Start exercising in moderation and gradually increase the amount.
- Walking is suitable for everyone – the right aid makes it safer.
- Walk whenever possible. One thing you can add to your daily routines is stair walking, which develops strength, balance and flexibility in your joints.

After getting a good start exercising, you can set as your goal the health exercise recommendation for older adults:

- 2 h 30 min a week of brisk endurance exercise
- AND
- twice a week: balance training and physical activity that increases muscle strength and flexibility. See other side for examples of exercises.

As a person ages, deterioration of balance and muscle strength in the lower limbs increases the risk of falling. That is why it is important to improve your balance and muscle strength. You can start training with these exercises. Do the exercises on several times per week.



Rise up from a chair

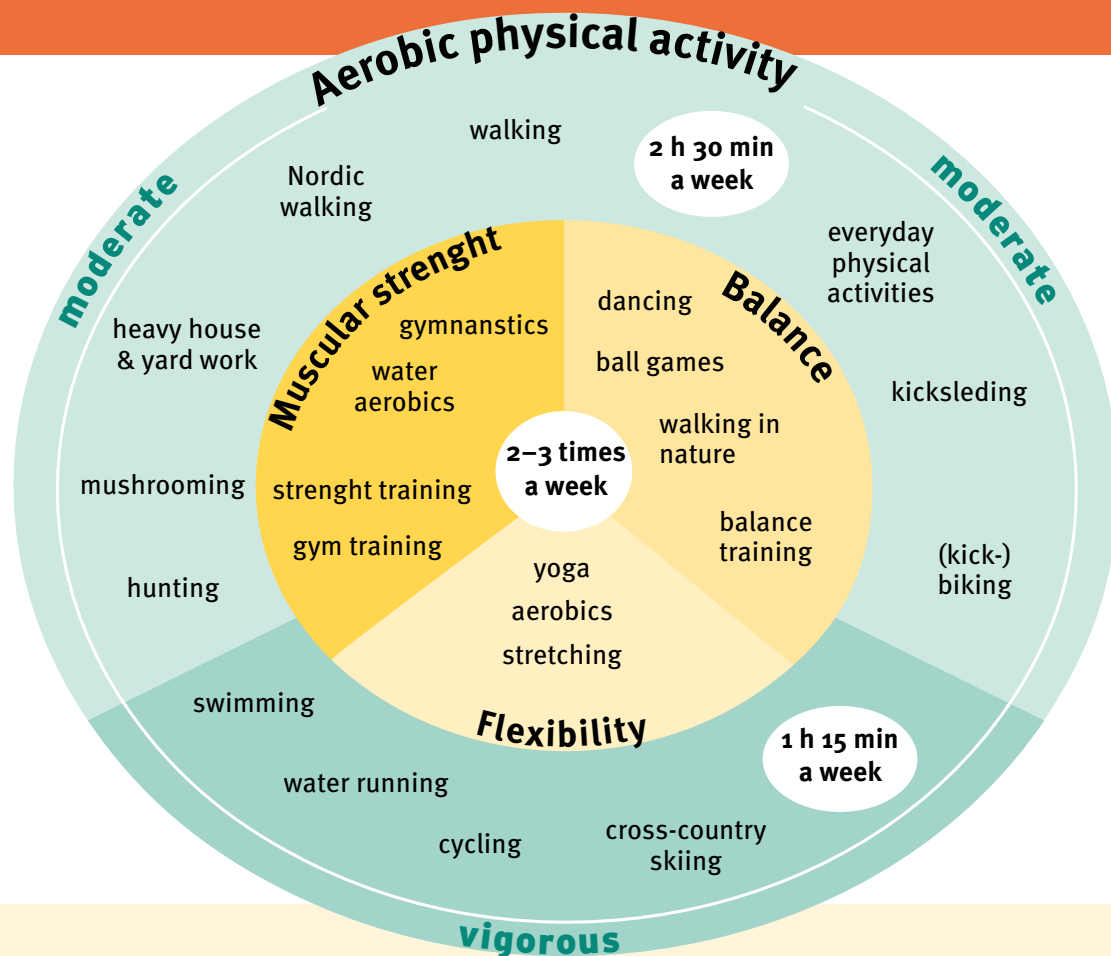
Sit on a chair with the soles of your feet firmly on the floor. Stand up and stretch your back straight. Set back down calmly and in a controlled manner. Repeat 10 times.



Standing on one leg

Stand with your back straight, with your legs in a slightly open stance and arms relaxed alongside your body. If necessary, hold onto a table or something similar for support. Stand on one leg for a moment and then switch legs. Repeat 10 times for both sides.

Weekly **PHYSICAL ACTIVITY** PIE for 65+



Improve **aerobic fitness** by being active several days a week, for total of at least 2 h 30 min of moderate activity
or
1 h 15 min of vigorous activity.

In addition increase **muscular strength**
improve **balance**
maintain **flexibility** } at least 2 times a week.

Several aerobics exercise synchronously muscle strength, balance, and flexibility.

Balance training is extremely important for 80 years or older, and for those with frailty of mobility, and/or who have fallen.