

# Ready and Steady

## Live Life, Eat Healthy, Be Active

Daily physical activity plays a pivotal role in preventing falls among older adults. Activities that address endurance, strength and balance can greatly reduce the risk of falling. Following are small steps that can reduce the risks for falls.

### Endurance

Older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily. As little as 30 minutes of moderately intense activities such as walking, can improve your ability to handle everyday tasks with greater ease.

### Strength

Strength activities do not require signing up with a fitness centre. Climbing stairs or walking with a weighed backpack for 5 to 10 minutes will help increase lower body strength. Improved strength in the legs and hip muscles will give added power and stability when performing daily chores.

### Balance

Committing a small part of the day (10 to 15 minutes) to exercises that challenge you balance can strengthen smaller muscles that help stabilize the joints. It can be as simple as standing on one foot and try to beat one's personal best. To set up, place a chair in front of you to reposition yourself if you need to. Standing shoulder width apart and barefoot, slowly raise one foot. Release your grip on the chair and start counting. Repeat on the other side. Yoga and Tai Chi are other great ways to improve your balance.

You can reduce the risk of falls by improving your balance. Take these small steps towards living a long, healthy and independent life.

