





**BRAVO MEETING  
OCTOBER 17TH**

## **ONLINE FITNESS FOR HAPPIER, HEALTHIER AGING**

**Bold members gain access to the following:**

- Guided workouts led by expert trainers
- Safe and effective exercises to help you age stronger
- Online classes available 24/7
- Tools to assess your strength, mobility and balance

## **VILLAGES AND BOLD**

**Bold is a valuable tool that provides members with the following:**

- Independent aging in place
- Discounted Bold memberships
- Committed to helping the neighborhoods we live in



**1 in 4**

OLDER ADULTS FALLS  
EVERY YEAR



REVERSE  
MUSCLE LOSS  
WITH EXERCISE

EXERCISING =

**39%** 

REDUCTION  
IN FALLS

**Want to continue the conversation?**

**Reach out to us:**

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# FACTS ABOUT FALLS



## WHY IS FALL PREVENTION IMPORTANT?

Falls are equal opportunity offenders, affecting everybody, regardless of gender, race, or wealth. Every year, 1 in 4 adults over age 65 falls. Falls are the #1 cause of injury for older adults, leading to over 3 million emergency room visits annually.

Fall prevention matters because research shows that many falls are actually *preventable*. There are actions we can take to reduce risk of falling and avoid fall injuries.

## WHAT AFFECTS MY RISK OF FALLING?

There are many different factors that might increase the risk of falling. Some common factors include:

- Falling in the last 12 months
- Balance problems
- Muscle weakness
- Chronic diseases
- Depression
- Trouble walking
- Vision problems
- Hazards in your home
- Improper footwear
- Many medications
- Memory problems
- Fear of falling

Talk to your doctor if you've fallen or have multiple risk factors.

## WHY STAYING STRONG & ACTIVE MATTERS

Exercises that improve balance and make your legs stronger can lower your chances of falling. Walking and biking are not the most effective ways to improve balance. Instead, a good balance program should be varied. Exercises should practice weight shifting, ankle mobility, posture control, and coordination. By challenging your balance and building strength, you can increase stability at any age!

Learn more at [www.agebold.com](http://www.agebold.com)



# TIPS TO PREVENT A FALL

fall event

## 1. EXERCISE IS MOST EFFECTIVE

Find an exercise program that incorporates balance, stability, and lower body strength training.

No matter your current fitness level, you can restore balance and strength through consistent exercise. Research recommends 2 hours a week for best results, but any amount is a good place to start!

Check local senior center schedules or try an online class at home. To learn more, check out [www.agebold.com](http://www.agebold.com)

## 2. CHECK YOUR HOME ENVIRONMENT

- Remove trip hazards, like throw rugs and electrical cords, from walking areas.
- Increase light, especially in the bedroom and bathroom.
- Install grab bars, for additional support in the bathroom.
- Check your shoes to make sure they fit well, have a firm heel to provide stability, and a textured sole to prevent slipping.

## 3. TALK ABOUT FALLS AND FALL RISK

- Speak with a health care provider if you're concerned about falls, and be sure to share your history of any recent falls.
- Review your medications with a doctor or pharmacist.
- Get your vision checked annually and update your eyeglasses.
- Talk to friends and family about all the above!