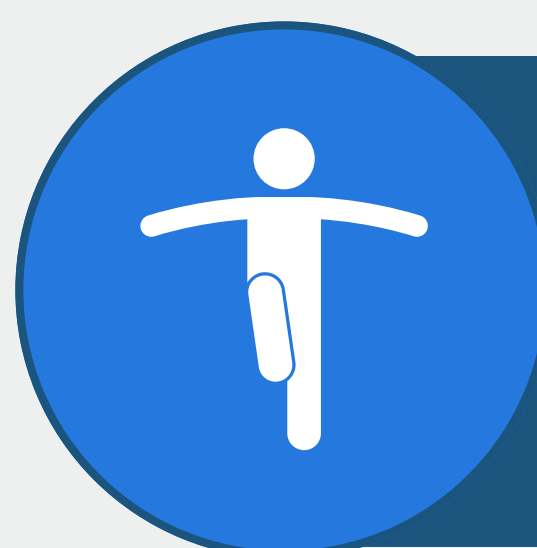


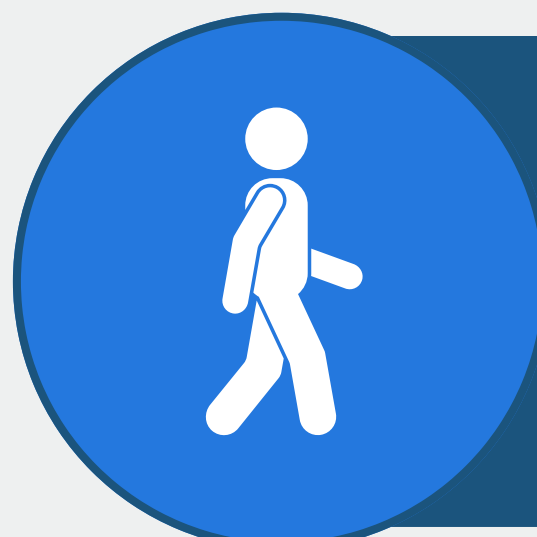
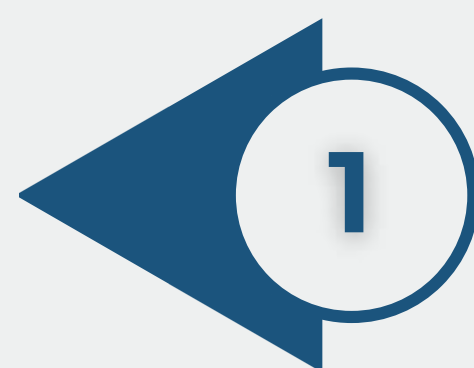
Fall Prevention Comprehensive Guide

Balance Exercises



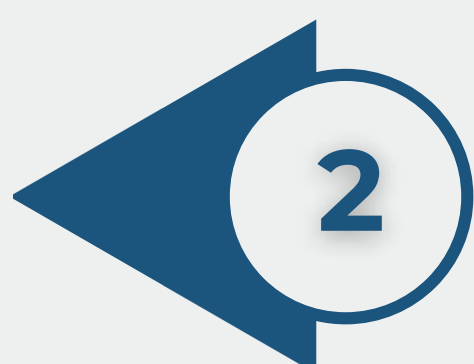
Single Leg Stance

All you have to do is stand on one leg, You can do this for 30 seconds at the beginning. Then, once 30 seconds are complete, you switch to the other leg.



Heel-Toe Walk

You have to walk in a straight line. The only condition is that the heel of one foot must be placed directly in front of the toes of the other foot.



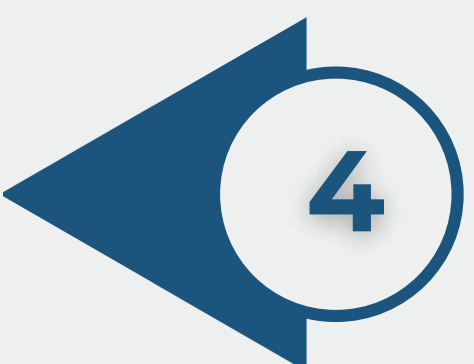
Yoga

Use your arms and leg to help yourself. Keep the bad knee off the ground so no pressure is put on it. Such a position stabilizes you. Place your arms firmly on the ground. This creates a stable base before moving any further.



Tai - Chi

Tai Chi deserves a special place on our list of the best balance exercises for seniors. This ancient Chinese practice is all about the flow of your body in easy and slow movements.



Make Your Home Safe

Bathroom

Use Grab Bars, Bathroom Bench, Elevated Toilet Seat And Non-Slip Mats

Living Room

Clear Pathways And Remove Clutters Such As Cords, Wires And Other Obstacles

Bedroom

Have A Lamp That You Can Turn On From Your Bed To Avoid Walking In The Dark



Kitchen

Keep Heavy Items In Lower Shelves, Don't Stand On A Chair To Reach For Appliances

Outside

Clear Snow, Ice Or Water From Your Entrance And Sidewalks

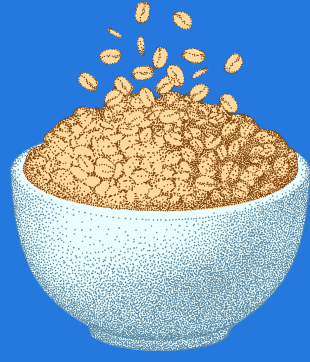


Best Foods For Balance

Kale



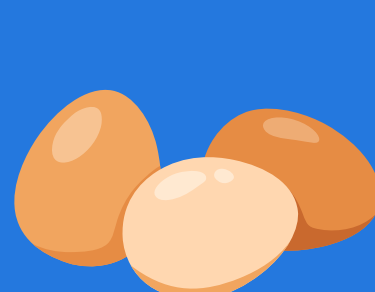
Oats



Carrots



Eggs



Lifestyle Tips To Prevent Falls

- Exercise Systematically
- Keep Your Food Diet Balanced
- Make Your Home Clutter-Free
- Wear Proper Non-Slip Shoes
- Take Your Time When Walking
- Review Your Medicines Side Effects



Consider Getting A Medical Alert Device



Follow These 3 Simple Steps To Call For Help

- 1 Push Button For Help
- 2 Speak To An Operator
- 3 Help Is On The Way

CANADA'S BEST MEDICAL ALERT



LIFEASSURE.COM | 1-800-354-5706

