

# Physical Activity for Fall Prevention

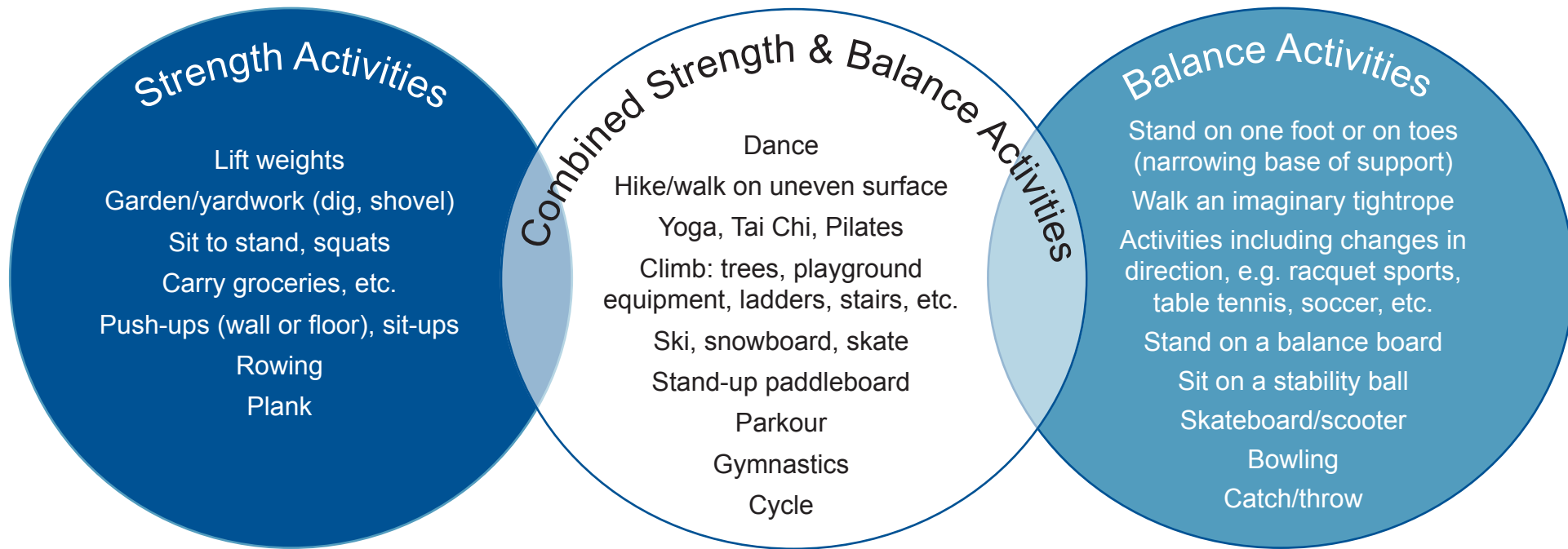
Research shows strength and balance exercises reduce the risk of falls and fall injuries. This document provides information and examples of activities you can try to improve your strength and balance.

## Strength

Our muscles get stronger when we make them work harder, usually against resistance or using our own body weight.

## Balance

Our balance is improved when we challenge our ability to stay centred and upright on a narrow base of support (usually done standing).



## Tips

- Talk to your physician and/or primary care provider if you have any questions or concerns about what activities might be best for you.
- Have a sturdy support nearby (wall, counter, chair, etc.) while working on balance.
- Use mobility aids as directed. They will help, not hinder, your progress.
- Wear sturdy, supportive shoes.

## Note

This sheet includes examples for different ages and abilities; please choose activities that are suitable and safe for you.

# Physical Activity For Fall Prevention: Strength and Balance Exercises

## Flamingo

- Stand with feet slightly apart, and the knee of your support leg slightly bent.
- Lift the other knee, sliding the foot halfway up the lower supporting leg.
- Hold the position for 2 seconds and return to start position. Repeat with other leg.
- Progress by lifting the knee higher (up to waist height) as able.



## Squat

- Stand with your feet slightly wider than shoulder width apart.
- Slowly push your buttocks back while bending your knees. Keep your chest and head up.
- Hold for 2 seconds and return to start position.
- Start with a small squat and progress deeper as you are able, ensuring your knees don't extend beyond your toes.



## Back Leg Raise

- Stand with feet slightly apart, and the knee of your support leg slightly bent.
- Slowly raise one leg back, keeping that leg and your back straight.
- Hold for 2 seconds and return to start position. Repeat using other leg.



## Wall Push-Up:

- Place your hands on the wall at shoulder height.
- Keeping your heels on the floor, slowly lower yourself toward the wall by bending your elbows while keeping your back straight. Hold for 2 seconds.
- Slowly extend your arms to return to start position. Hold for 2 seconds. Keep elbows soft (not locked). Repeat.

## Walk the Line:

- Stand up tall near a wall or counter and look ahead.
- Walk in a straight line placing one foot directly in front of the other (heel-to-toe).
- Repeat for 10 or more steps, before turning around and repeating in the opposite direction.

## Sit-to-Stand:

- Sit towards the front of a chair with feet shoulder width apart.
- Lean slightly forward, then stand up slowly, using your legs, not arms. Keep looking forward. Stand tall.
- To sit: lean slightly forward, bend your knees and slowly lower your buttocks back into the chair with control.

## Hamstring Curl

- Stand with feet slightly apart, and the knee of your support leg slightly bent.
- Slowly bend your knee, keeping your body upright, bringing your heel toward your buttocks.
- Hold for 2 seconds and return to start position. Repeat using other leg.



## Side Leg Raise

- Stand with feet slightly apart, and the knee of your support leg slightly bent.
- Slowly lift one leg out to the side, keeping your back straight and tall, and your foot pointed forward.
- Hold for 2 seconds and return to start position. Repeat using other leg.



## Toe Stand

- Stand with feet shoulder width apart.
- Slowly rise up onto the balls of your feet.
- Hold for 2 seconds then slowly lower heels to floor. Repeat.



More resources available at  
<https://www.parachutecanada.org/en/injury-topics/>  
(choose "Falls in children" or "Falls in seniors")