

Falls Prevention is EVERYONE's Responsibility!

To help prevent falls:

MOVE your body

IMPROVE your health

REMOVE hazards and obstacles



- Falls are the leading cause of injury in Prairie Mountain Health
- Preventing falls will reduce injuries!

For more information
about the
Steppin' Up with Confidence
Program
Or to become a leader
contact:

1-877-509-7852



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Steppin' Up with Confidence



A physical activity and
falls prevention program

Health Promotion

Primary Health Care

Health and Wellness for All

www.prairiemountainhealth.ca

Steppin' Up with Confidence

A **FREE** program for older adults interested in group exercise, falls prevention education and socialization.

- led by trained peers from the community
- exercises are adaptable to many ability levels
- can be done standing or sitting
- each class is 45 to 60 minutes



If you would like to attend, but require transportation please contact your Senior Services Coordinator for options.



Classes include:

- Cardiovascular exercises
- Lower and upper body muscle strength and endurance
- Balance and flexibility
- Core muscle strength and endurance



Resistance training may be incorporated into classes using bands and small weights.

Be prepared with:

- comfortable clothing
- supportive shoes
- water bottle

And if you require:

- eyeglasses
- hearing aids
- mobility aid



Canadian Physical Activity Guidelines for Older Adults recommend:

- At least 150 minutes of moderate to vigorous intensity aerobic activity per week, in bouts of 10 minutes or more
- Also add muscle and bone strengthening activities at least 2 days per week