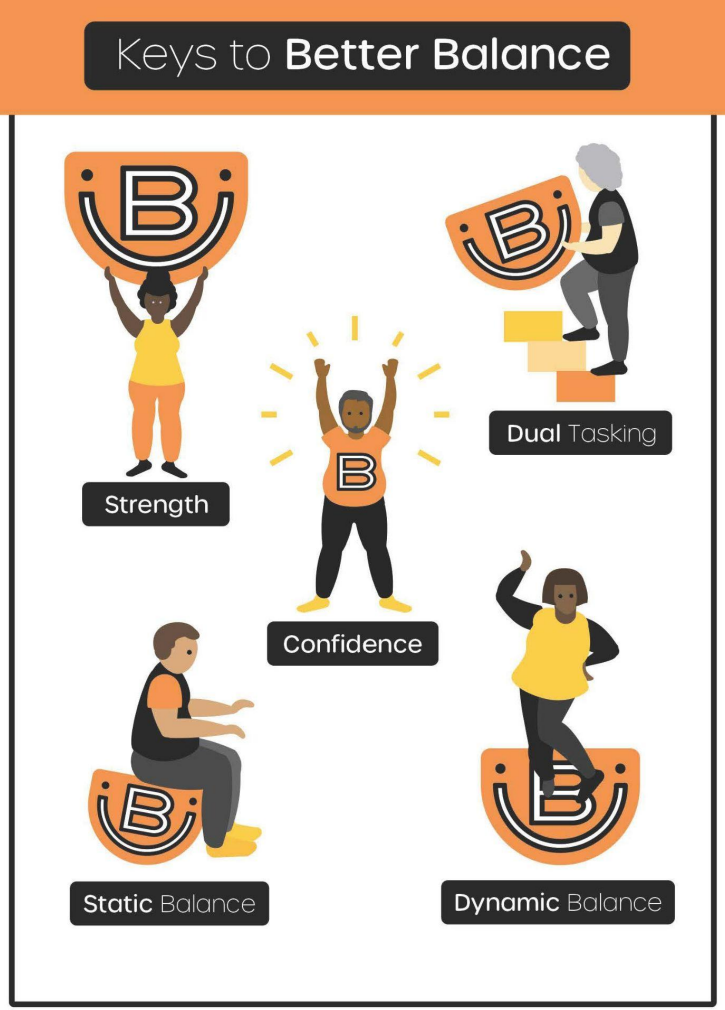
Falls **Free** Dane Coalition

Led by Safe**Communities**



What are the Keys to Better Balance?

Exercise at least 3 hours per week*!

***Moving in many different ways prepares you for anything!**

Static Balance

is a key to **better balance**

Static Balance

means practicing while your feet or your seat are not moving.

Example: Sitting on a balance ball while lifting a foot or standing on one leg.

Dynamic Balance

is a key to **better balance**

Dynamic Balance

means practicing while your feet or your seat are moving.

Example: Dancing or stepping over something in your path.

Dual Tasking

is a key to **better balance**

Dual-Task Training

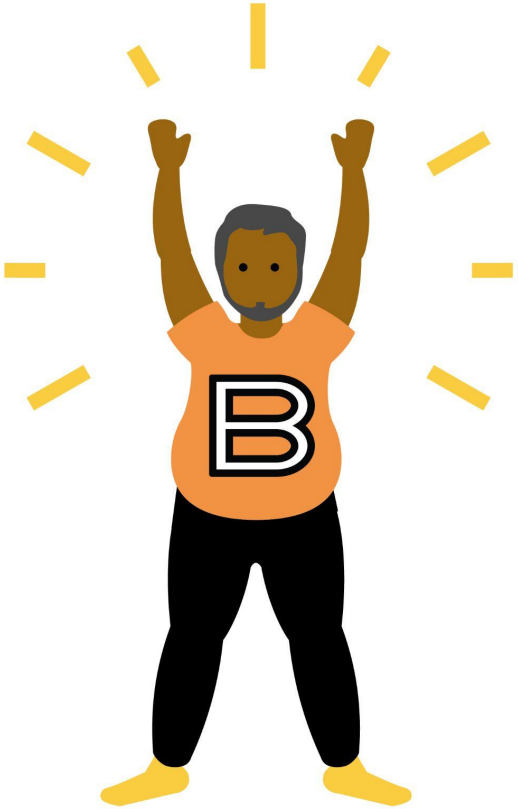
means doing something with your body plus something else with your body- or with your brain! Things that are challenging, but not too hard.

Example: Walking sideways while counting backward, or following a dance routine.

Strength

is a key to **better balance**

Strength, especially of the legs and trunk muscles. Being able to move confidently without using your arms much, or at, all for support is the goal!



Confidence

is a key to **better balance**

Confidence - research tells us that fear of falling itself is a predictive factor of a future fall. Building confidence and resiliency is a way to help reduce fall risk!

How and How Often?

- **At least 3 hours a week.**
- **You can break it up into “snack size” activities.**
- **More is Better.**
- **Keep challenging yourself.**
- **As you get better, make it a little harder!**

Look for the

for classes to help with your balance

Saving Lives **Together**

SafeCommunities.org