

TAKE A PREVENTIVE CALL, BEFORE THE FALL.

**YOUR GUIDE TO
PREVENT A FALL!**



— TABLE OF CONTENTS —

FACTS ABOUT FALLS -----	01
RISK FACTORS ASSOCIATED WITH FALLS -----	02
A) INTRINSIC RISK FACTORS	
B) EXTRINSIC RISK FACTORS	
PREVENTION OF FALLS - LIFESTYLE TIPS TO PREVENT FALLS -----	05
HOW TO MINIMIZE THE RISKS OF FALL AT YOUR HOME -----	08
CONSEQUENCES OF A FALL -----	10
FALL RELATED INJURIES FACED BY SENIORS -----	11
HOW TO GET UP FROM A FALL -----	13
WHAT WOULD YOU DO IF YOU WITNESSED THE FALL OF YOUR LOVED ONE -----	14
WHEN TO SEEK A DOCTORS ATTENTION AFTER A FALL -----	15
SAFETY GUIDELINES TO FOLLOW BEFORE PERFORMING EXERCISES -----	17
EXERCISES FOR SENIORS -----	18
A) WARM UP EXERCISES FOR ELDERS	
B) STRETCHING EXERCISES FOR ELDERS	
C) BALANCE EXERCISES	
D) STRENGTH TRAINING EXERCISES	
E) CARDIO & LOW IMPACT EXERCISES	



FACTS ABOUT FALLS:

- Falls are one of the leading causes of fatal injury among the elderly.
- In India, the frequency of falls among older adults ranges from **14%-53%**.
- Nearly **37.3 Million** falls require medical attention every year.
- Fear of falls among the elderly tends to affect their social interaction & well-being, often leading to social isolation and feeling of helplessness.
- Falls among the elderly have led to poor health and poor quality of life.



With advancing age, the tendency to fall increases. Resulting in morbidity, mortality and loss of independence.

All this may sound dangerous and shocking, but the good news is that falls can be prevented, treated and minimized.

This cycle depicts the stages of experiencing a fall. It's time to break free from this cycle and take steps towards being more cautious.



Many falls are becoming prominent due to external causes. Identifying various factors related to falls helps reduce the occurrence of falls and also aids in preventing them. These factors, termed risk factors, refer to the causes or the occurrence due to which a person may experience a fall. With growing age, older people become more prone to falls as compared to other adults. This could be due to various reasons such as health issues, lifestyle & nutrition.

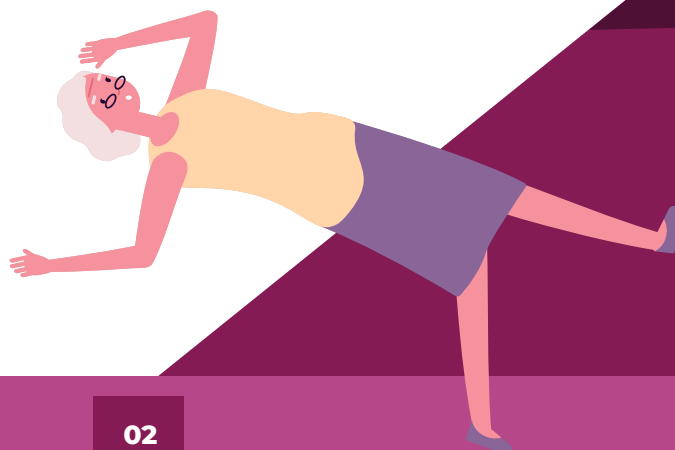
Under this section we will discover the various risk factors associated with falling, the knowledge of which can help you assess your personal risks and therefore help you prevent them.

RISK FACTORS ASSOCIATED WITH FALLS:

Several factors are causes for seniors to fall, some common ones are slips and trips. Falls are often a result of dynamic and unintentional interaction with risks.

INTRINSIC RISK FACTORS:

1. **Age:** With the advancing age, the incidence of falls increases.
2. **Gender:** Fall rates among men and women are equal among younger seniors and among the older seniors, women are more prone to falls than men.
3. **Medicines:** Certain medicines that are prescribed to the elderly persons, tend to cause side effects such as drowsiness, dizziness, drop in blood pressure. These side effects increase their chances of falling.
4. **Medical conditions:** Certain medical and chronic health conditions faced by seniors dramatically increase the chances of falling. Conditions such as circulatory disease, depression, arthritis, thyroid dysfunction, fear of falling, hypertension, obesity, diabetes lead to increased risk of falling.
5. **Impaired mobility:** Functional limitations such as impaired mobility, that are prevalent among the elders lead to the decline in strength and endurance after they reach the age of 30. The muscle power and physical functioning tend to diminish over time and are of the reasons seniors are unable to prevent a fall.
6. **Sedentary lifestyle:** Due to impaired mobility and declining physical strength, seniors tend to become less active and dormant, giving way to a sedentary lifestyle. This may further lead to deterioration of muscle tissues and bones. Those who cut back on a proactive way of life tend to fall more than those who are active.





7. **Psychological issues:** Declining physical activity is closely associated with the generation of the fear of falling among seniors. Fear of falling can limit the quality of life, interfering in well-being, socialization and mobility. A study found out that fear of falling was prevalent in 21-85% of those who had already experienced falls and 33-46% in those who hadn't fallen. Reduced physical and functional activity is associated with fear and anxiety of falling.
8. **Nutritional deficiencies:** An imbalanced diet and nutritional deficiencies often lead to diminishing the muscle strength and causing weakness in the body, gait and osteoporosis. Lack of wholesomeness and nutritional values is associated with an increased risk of falling.
9. **Impaired cognition:** Cognitive impairment refers to the difficulty of grasping things, remembering them and learning new things. It varies from mild to severe and seniors with cognitive decline are more prone to the risks of falling as it causes the instability to perform various tasks.
10. **Visual impairments:** Seniors facing issues with the visual clarity, contrast sensitivity, cataract, glaucoma and macular degeneration face the risk of falling. Elders may benefit or can have control over their falling from the use of non-multifocal glasses.
11. **Foot problems:** When seniors face the pain in their foot due to bunions, toe deformities, ulcers, or deformed nails, they find difficulty in walking. The pain in walking gradually increases causing a difficulty to balance, increasing the risk of falls.



EXTRINSIC RISK FACTORS

External factors that encompass various environmental factors contribute largely in increasing the risk of falls among the elderly. Studies state between **35%-40%** of falls occur due to external environment among community dwelling older people. Some of the risks associated with extrinsic factors are:

1. **Inadequate lighting**
2. **Slippery or uneven surfaces**
3. **Clutter on the floor**
4. **Lack of senior friendly design and improper alert devices may increase the risk of falls.**
5. **Poorly fitted & loose footwear pose a serious threat of falls, as it affects the balance of the seniors while walking.**
6. **Using inappropriate walking aids or assistive alert devices can cause imbalance and increase the risk of falls.**

PREVENTION OF FALLS

Here's good news, taking the necessary precautionary steps can help you prevent falls. Our seniors have always been there to look after us at every step we take in life, then why not take steps to look after them.

IT'S YOUR TIME NOW!

LIFESTYLE AND FALL PREVENTION

External and internal factors do play a vital role in contributing to the risk of falling, it is seen that these factors are completely independent of the lifestyle followed by the senior. Falls are the most common fears faced by the elderly community as they also pose a major threat to the independent living of seniors. Various treatments and assessment of the well-being of individuals often depends on how they carry on their lifestyle, that inversely impacts the treatment to be applied. Framing the programmes for fall prevention depends on the quality of life of people since the quality of life is affected by many different aspects of the fall prevention programme.

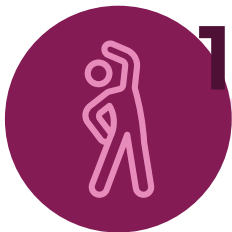
The consequences of falls such as hip fractures, fear of falling and more can have a negative effect on the quality of life.

A study found out that randomized controlled trials (RCTs) show that every third fall could be prevented. On the other hand, we see that the programmes designed to prevent falls can in turn have a positive impact on the quality of life. Various activities that include enrichment and social interaction can boost the functional abilities of the body and decrease the falls and fall related injuries, due to a better mindset and improved cognitive ability.



LIFESTYLE TIPS TO PREVENT FALLS :

Here is your checklist to see if you're following the right tips to prevent falls.



1

EXERCISE REGULARLY

Exercising regularly can keep you active and increase muscle endurance, improve balance and strengthen your bones. Always keep in mind to consult your doctor or physician to give you the right exercise tips and schedule.



2

FOLLOW A BALANCED DIET

Seniors usually lack vitamin D in their diet. It is advisable for elders to maintain a healthy diet by consuming the required nutrients that will help in strengthening the bones, maintain their immunity and prevent them from falling.



3

KEEP YOUR HOME FALL PROOF

Reduce the clutter inside your homes and eliminate unsafe and hazardous objects. Ensure adequate lighting, anti-slip rugs and grab bars to prevent falls.



4

BE CAREFUL IN EVERY STEP

The best way to prevent falls is to keep yourself safe by doing things that are safe for you and taking time to familiarise with any activity you engage in. For example, when you rise from a seated position, stand for a few seconds before moving ahead.



WEAR THE RIGHT FOOTWEAR

Avoid wearing loose footwear, instead wear footwear that fit you perfectly with inserted rubber soles and anti-slip soles.



VISIT THE DOCTOR

Make sure to visit your doctor on a regular basis so that they can assess your risks of falling and help you reduce and eliminate your medications to avoid feeling dizzy.



TALK IT OUT!

Conversations with your loved ones or your doctor, is the best therapy to prevent falls, as they can aid you in achieving a balance & can recommend you safety precautions to follow to avoid falls. This can also help improve the psychological fear of falling in people.



EQUIP YOURSELF WITH MEDICAL ALERT DEVICES

Medical alert devices can be of great help to keep your health in track and to keep your close ones informed about your well-being. This can build confidence in you.

HOW TO MINIMIZE YOUR RISKS OF FALL AT YOUR HOMES

According to a survey conducted, it was stated that more than 40% of the falls take place at homes. Seniors living with family or independently need to look after various facilities at home that cater to their well-being and help in preventing the risks of falls. There are various ways in which the loved ones of the elders or the senior citizens can fall proof their surroundings at home to make it convenient for them to freely move about and live a life without any stress. Here are some tips to safeguard your homes with tools of assisted devices, designs and elements.

Inside your Homes

- **Declutter your surroundings by getting rid of the obstacles around you on the floor.**
- **Make your pathway clear of telephones cords or other wires.**
- **Switch to using anti-slip rugs and mats and get rid of runners that are slippery.**
- **Keep things that are of basic and necessary use for daily use within reach.**

Home Outdoors

- **Keep your pathway or outside track clear with adequate lighting.**
- **In order to identify the staircases outside and prevent falls, highlight the staircase with bright paints.**
- **For a better grip on walking on the outdoor surfaces, combine a mixture of sand and paint and apply it to the staircase.**



Adequate Lighting

- **Keep a lamp or a light switch & a flashlight beside you, within your reach, without having to get up and risk a slip.**
- **Ensure to install night lights in your bedroom, bathroom and hallways to help you visual sight in the darkness.**
- **Install light switches on the staircase and hallways at both ends. Make sure to also have handrails on both sides of the staircases.**

Bathroom Safety

- **Install grab bars and handrails in the bathroom, along with a walk-in tub.**
- **Ensure to use anti-slip rugs or mats in the washroom in the shower or tub.**
- **Elevate your toilet seat to get up with ease without overstraining.**
- **Make sure to keep essentials within your reach at respective areas in the washroom.**

Walking Assistance

- **Make sure to consult your doctor to use the right walking devices such as a walking stick, cane or walking castors.**
- **Make sure to wear footwear that fit perfectly, that are not loose or high-heeled.**
- **When you plan to go for a stroll, don't forget to take somebody along with you, to help you walk safely.**

Other Things to Keep in Mind

- **Have a routine check up with your doctor to review your health along with your medications that might make you feel dizzy and drowsy.**
- **Get your eyesight and hearing tested at regular intervals.**
- **Consult your healthcare provider about your exercise & nutritional programmes and schedule.**
- **When seated for too long, stand up slowly.**





CONSEQUENCES OF A FALL

Seniors have a delicate body system that goes through physical changes as they age gracefully. On experiencing a fall, the strength and resilience of muscles, tissues and bones become weak. Older citizens have an increased chance of facing an injury than a younger person due to decreased immunity, unstable balance and impaired bodily functions. Falls among the senior dwelling community area is a major contributor to fatal unintentional injuries and are a serious public health issue. These falls impact the people who encounter them and the caretakers who look after them.

Many injuries sustained due to a fall lead to requirements of medical attention. Some of the common injuries caused due to a fall are soft tissue injuries, sprains, bruises and other major injuries such as fractures and broken bones due to low bone density. While falls affect the physical body they are also known to pose a threat to the psychosocial aspect that has a negative impact on the recovery from falls, injuries and cause further falls. These may lead to fear and anxiety of fall, the extreme of which is known as 'Post Fall Syndrome'.

FALL RELATED INJURIES FACED BY SENIORS

Damage caused by fall-related injuries can lead to various health-related concerns. Below are some of the fall-related injuries faced by seniors. Approximately 24% of senior citizens sustain serious injuries after a fall that requires medical attention. These lead to 20-30% of mild to severe injuries.

1. Head Injury

Seniors can experience a head injury from a major fall that can result in declining cognitive ability and may lead to Alzheimer's. Being one of the most serious consequences of a fall, head injuries should be examined by your doctor to check on certain functional abilities. This risk can be reduced by indulging into mobility training activities from caretakers, that will help them strengthen their physical balance.

2. Hip Fractures

Fractures, especially hip fractures are one of the most common outcomes of a fall that impacts mobility to extremes. This injury can cause further hip pain and restrict the movement of the seniors. Slips and trips that cause hip fractures may occur mainly in locations where the surfaces are slippery. Seniors are advised to install safety equipment such as grab bars and anti-skid mats to prevent such injuries and falls.

3. Tibia Fractures

The Tibia fracture takes place when seniors experience a fall on their knees and may injure their tibia or the shinbone. Such fractures are one of the most commonly fractured bones. Since these can range from mild to severe. Their treatment may include physiotherapy, cast application or surgery.

4. Spinal Injuries

Many senior citizens tend to fall over their back, injuring their spinal cord along with other fractures. The prevention of spinal injuries can be done by equipping seniors with anti-slippery fall proof homes and emergency devices.



5. Kneecap Damage

Bones tend to become brittle and fragile with age and hence are more prone to injury during a fall with diminishing strength. Seniors have conditions such as osteoporosis that increases their risk of falls and further causes knee cap injury. To reduce such knee damage and increase bone strength, seniors are advised to intake more protein, vitamin D and calcium rich food.

6. Facial Injuries

The most open area to injury during a fall is the face, if the seniors fall face forward, causing them to sustain facial injuries. Such injuries may cause reduced damage or maybe severe depending on the intensity of fall.

7. Ankle Fractures

Another common injury faced after a fall is the ankle sprain and ankle fracture that results when a senior trips or falls. In order to prevent such injuries, seniors are advised to wear comfortable and perfectly fitting shoes.

8. Femur Fractures

A femur bone fracture is the most intense type of fracture that results from a traumatic fall faced by a senior. An injury to the thigh bone may lead to damage to the femur too.

Limited mobility and poor health can increase the risks of falls and injuries in senior citizens. Personal assistance, balanced and power-packed meals, participating in enriching activities, all of this can help seniors strengthen their balance and body thus diminishing the risk of falls.



HOW TO GET UP FROM A FALL

When you experience a fall, whether the first time or it is a repeat fall, it is advised to get up in a certain manner.

Here are certain steps you can follow to get yourself off the floor carefully. There are three main steps to recover from a fallen position to a proper upright position.



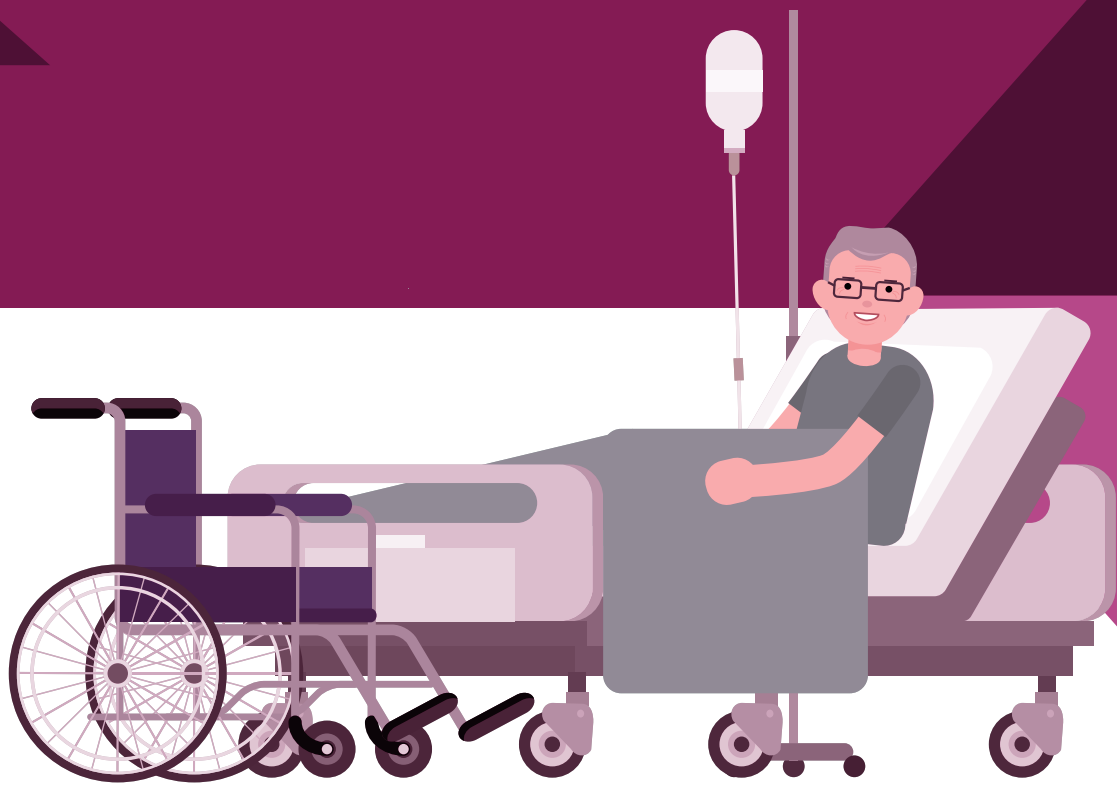
WHAT YOU SHOULD DO IF YOU WITNESSED THE FALL OF YOUR LOVED ONE

If you have seen an individual fall around you, especially a senior, around you., make sure to not urge them to get up immediately.

Examine two things to help the individual recover from the fall -

1. If the person has been hurt or faced any kind of injuries and is not able to get up then call for assistance and emergency help.
2. On the other hand, if you notice that the person is able to get up from the fall, then follow the steps below to assist them:
 - Bring a sturdy piece of furniture, such as a chair closer to them. Help them get a grip of the chair and to get them in a semi-seated position.
 - Keep yourself behind the person and have a firm grip on their hips, help them get into a kneeling posture placing both their hands on the chair.
 - Guide the individual to place forward their strongest leg and help them get up steadily.
 - Holding their hips with a tight grip, help them stand up with a firm grip still on the individual's hips, help the person stand.
 - Slowly make them turn around and help them sit on the chair.





WHEN TO SEEK A DOCTOR'S ATTENTION AFTER A FALL:

The seriousness of a fall should never be underestimated! Here are some reasons to seek a doctor's attention if you or your loved one has experienced a fall. Such consultations with the doctor will help them assess your risk and give the remedy for future prevention.



Loss of consciousness before or after a fall



Any injury or wound caused due to the fall



Feeling extreme or persistent pain



Symptoms of dizziness, drowsiness & nausea



A sense of weakness or unsteadiness



Throbbing headaches



Altered vision

MINIMIZE YOUR RISKS OF FALL AT YOUR HOMES

Why does the tendency to fall increase with age? As we grow, our systems that are more central to our physical and mental needs of balancing, such as brain, vision, muscles and joints lose their control over proper functioning. The processing of the brain becomes slow thereby diminishing the sensory message that reaches the various systems, making the seniors more prone to falls with a declining balance. Such bodily changes with age lead to increased risks and more ailments.

Exercising to strengthen the muscles, bones, core system and the overall body's balance can help prevent falls amongst senior citizens. Although exercising can be a primary solution to reduce the risk of falling, safety is always on priority.

Try these exercises after consulting your doctors and under the guidance of a trainer or the supervision of another person. However, while performing these exercises, always have support beside you, in case you become unsteady.

Get ready, to get steady!



SAFETY GUIDELINES TO FOLLOW BEFORE PERFORMING THE EXERCISES



Always make sure to warm up for 10 minutes before performing any exercise.



Take intervals of rest for 10-15 minutes after doing any exercise.



If you experience extreme soreness or pain during any exercise, then stop the exercise and rest.



While performing the exercises, maintain an upright posture, to avoid unsteadiness.



During the exercises make sure to breathe and not hold your breath.



Performing your strengthening exercises, make sure to not hold onto your weights tightly.



Any exercise should be done in a slow, moderate and steady manner.



If the individual has balancing trouble, then perform the exercise while being seated onto a chair or lying on the floor.



WARM UP EXERCISES FOR ELDERS

Your basic warm-up exercise should be carried on for 5-10 minutes.



Jogging

Jog in place for 60 seconds with an upright posture



Marching

March in place for 60 seconds, with your back straight and 20 marching steps.



Foot Touch

Keep your legs apart. Bend over touch your toes with opposite arms. Do this for 60 seconds



Arm Circles

Standing upright, extend your arms to both sides and move them in counter-clockwise circles for 60 seconds.



Breathing Exercise

- Breathe in through your nose and hold your breath for 4 seconds.
- Release the breath through your mouth for the count of 8 seconds.
- Repeat this exercise 3- 4 times.





STRETCHING EXERCISE FOR SENIORS

1. Upper Back Stretch

- Sit on a chair with shoulders relaxed.
- Extend your arms forward upto shoulder length, hold one hand with the other, push outwards while pulling your back and shoulders forward.
- Hold position on each side for 10 seconds.

2. Chest Stretch

- Be seated on a chair with shoulders relaxed.
- Extend your arms and stretch them backwards, grabbing one arm with the other.
- Pull your shoulders behind and hold the position for 10 seconds.

3. Sit & Reach

- For this exercise, be seated on the edge of a chair, extending both your legs forward, with your knees bent slightly.
- Keep your toes pointed and heels touching the floor.
- Stretch your arms forward to reach out to your toes by slowly bending your waist as you move forward.
- Hold this position for 10 seconds and go back to the original posture.

4. Neck Stretch

- Be seated on a chair and gently tilt your head to your left shoulder.
- Extend your right arm downwards to the side, hold the posture for a few seconds.
- Come back to the resting position and repeat the same on the right side.
- Perform 2 times on each side.

5. Inner Thigh Stretch

- Stand with your feet hip width apart with your toes pointing outward.
- Tilt yourself to the right side with your right knee bent and your left leg stretched straight.
- Hold this posture for 10 seconds and return back to a resting position.
- Repeat the same on both sides.

6. Shoulder Circles

- Be seated and place your fingertips on your shoulders
- With both your arms, circle your shoulder 15 times forward and 15 times backwards.

7. Hand Stretches

- Stretch your arms forward in front of you, with palms facing down.
- Spread your fingers apart and close your palm. Repeat this exercise 10 times.



BALANCE EXERCISES

Exercise 1: Chair sit to stand.

Sit on a sturdy chair, without using your arms as a support. Keep your arms crossed in front of your chest and stand up, pause for a moment then sit down slowly and steadily in a controlled motion. Make sure to use the leg muscles for the right posture and balance. Do this for 1 minute and gradually increase the sit/stands.

Exercise 2: Marching in place

This is one of the best exercises to improve balance. Stand upright, lift your right knee towards the chest, similar to that of a marching posture. Lower it and lift the left leg. Make sure to do this slowly using the muscles and repeat at least 20 marching steps. If required, hold a sturdy chair and raise the leg one-by-one against the chair.

Exercise 3: Side leg raise

Grab a chair for this exercise!

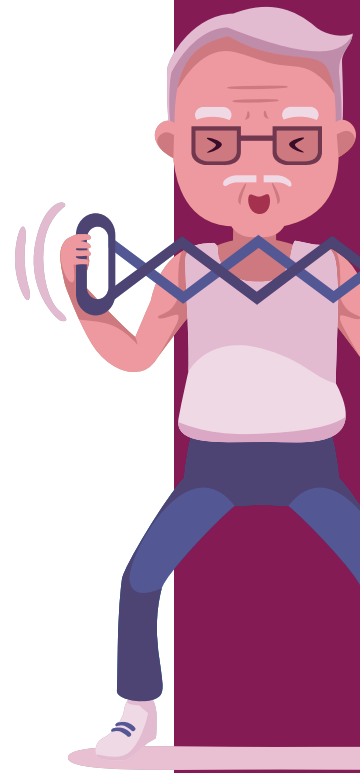
Hold onto the chair back with your feet apart. Keep a good posture, slowly lift your leg to one side. Keep your toes pointed, your back straight and look forward. Lower the leg back to the original position and repeat the same on the other side. Repeat this exercise at least 10 times on each side. Avoid leaning forward or leaning backwards as you raise your leg.

Exercise 4 - Back leg raise

In the scope of preventing falls this exercise aims at strengthening your lower back. Hold onto the back of the chair, slowly stretch and raise one leg behind, without bending the knees. Hold this position for a second, lower your leg slowly and repeat it with the other leg. Avoid bending forward and keep your back straight. Repeat this exercise 10 times with each leg.

Exercise 5 - Toe & heel lifts

Keep a sturdy chair and hold onto its countertop. Maintain an upright posture and steadily rise up as high as you can on your toes, keeping your heels off the ground. Lower yourself slowly with your feet placed flat onto the ground. Switch this position simultaneously with your heels, rising on your heels and keeping your toes off the ground. Perform 10 repetitions, counting 1 repetition as toe & heel.



Exercise 6 – Balance on one leg

A simple balance technique for seniors. Hold onto the back of a steady chair and lift up your right leg while balancing on your left foot. Hold this position for as long as 1 minute. Repeat the same with the other leg. Gradually do the exercise without the support of a chair.

Exercise 7 – Heel to toe walk

This exercise is meant to strengthen your leg muscles and improve your balance. Place your right foot in front of your left foot with the heel touching the toe of the left. Place your left foot in front of the right, with its heel touching the right toe. Gradually keep shifting the weight on your toes. Repeat this with 20 steps.

Exercise 8: Side twist

Place your feet shoulder width apart standing with two chairs on each side. Gently, turn your whole upper body and head touching the chair on one side, then do the same on the other side. Perform 10 repetitions of this exercise together.

Exercise 9: Clock Reach

For this exercise, you will need a chair. Hold the chair with your left hand, lift your right leg to your chest. Now, imagine your arms are the arms of a clock. Extend your arms pointing it towards the direction of number 12, then point it towards the direction of number 3 and then behind you towards number 6. Repeat the clock twice on each side.

Exercise 10: Rock the Boat

For this balancing exercise, stand with your feet hips width apart. Keep your back straight and your feet pressed to the ground firmly. Slowly, rock towards your right transferring the weight to the right foot and lifting your left foot. Hold this position for not more than 30 seconds. Lower the foot and repeat the same on the other side. Balance at least 5 times on each side.



STRENGTH TRAINING EXERCISE

1. Wall Push-Ups

- Stretch both your arms and place it with your palms shoulder-width apart flat on the wall.
- Place your feet firm on the ground, and lean slowly towards your wall and count to 5 with your feet placed firmly.
- Gently push yourself back so that your arms are straight.
- Repeat this exercise 10 times.



2. Calf- Stretches

This can be performed sitting or standing.

Standing Instructions:

- While standing, stand in front of a wall with your arms stretched touching the wall.
- Place your left leg with your heel touching the ground, behind your right leg and bend your right leg slightly. Hold the position for 30 seconds.
- Repeat 4 times on each leg.

Sitting Instructions:

- While sitting, sit on a mat placed on the floor and stretch your legs straight.
- Take a towel or an elastic band and place it on the sole of either of the foot, holding the ends.
- Pull the towel or band, keeping your knee straight and hold the stretch for 30 seconds.
- Repeat this 4 times on each leg.



3. Squats

- Stand in front of a chair, with your feet shoulder-width apart.
- Keeping your back straight, extend your arms parallel to the ground.
- Lower yourself towards the chair, carefully bending your knees, if you are going to sit in a chair.
- Pause and rise back slowly.

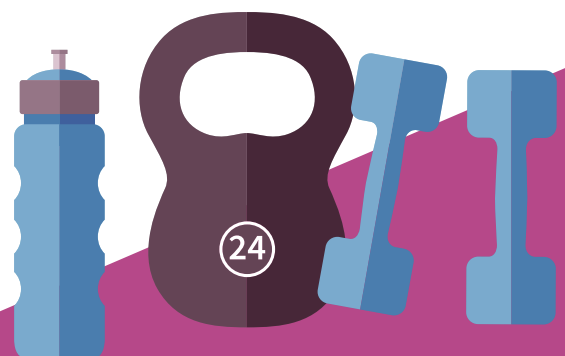
4. Shoulder Overhead

- Keep your feet waist-width apart with elbows to your side positioned with arms.
- Hold the dumbbells at the side of your head and tighten your abdomen.
- Lift your arms up slowly to make them straight and return to the starting position.
- Repeat this for 10 times.



5. Wrist Curls

- Take a sturdy chair and place your forearm on the armrest with your hands over the edge.
- Hold a lightweight on both your arms or start with - one arm each with your palms facing upward.
- Slowly bend your wrist up and down.
- Repeat 10 times.



6. Bicep Curls

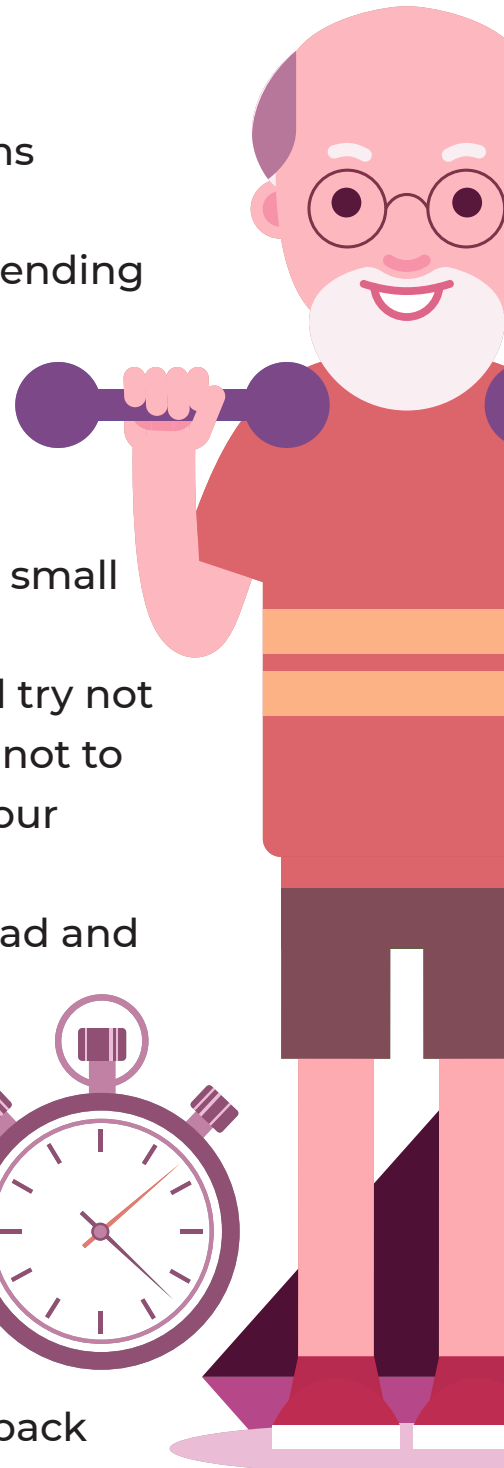
- Stand in front of a chair, with your feet shoulder-width apart.
- Keeping your back straight, extend your arms parallel to the ground.
- Lower yourself towards the chair, carefully bending your knees, if you are going to sit in a chair.
- Pause and rise back slowly.

7. Ball Taps

- For this exercise, be seated on a chair with a small ball or an object placed in front of your feet.
- Keep your back straight, abs contracted and try not to lunge on the chair. Sit straight up and try not to rest against the back of the chair, keeping your back straight and your abs contracted.
- If possible, place your hands behind your head and gently lift one foot, tap the ball and bring it back down.
- Do the same with the other foot, switching alternatively.
- Repeat this exercise for 1 minute.

8. Lying Hip Bridges

- To begin this exercise, lie down flat on your back with your knees bent and feet flat on the ground.
- Contract your abdominal area and gently push your hips up from the ground.
- Try to exert the weight on your feet by keeping it steady on the floor.
- Hold the position and relax back into the starting position.
- Repeat this for at least 60 seconds.



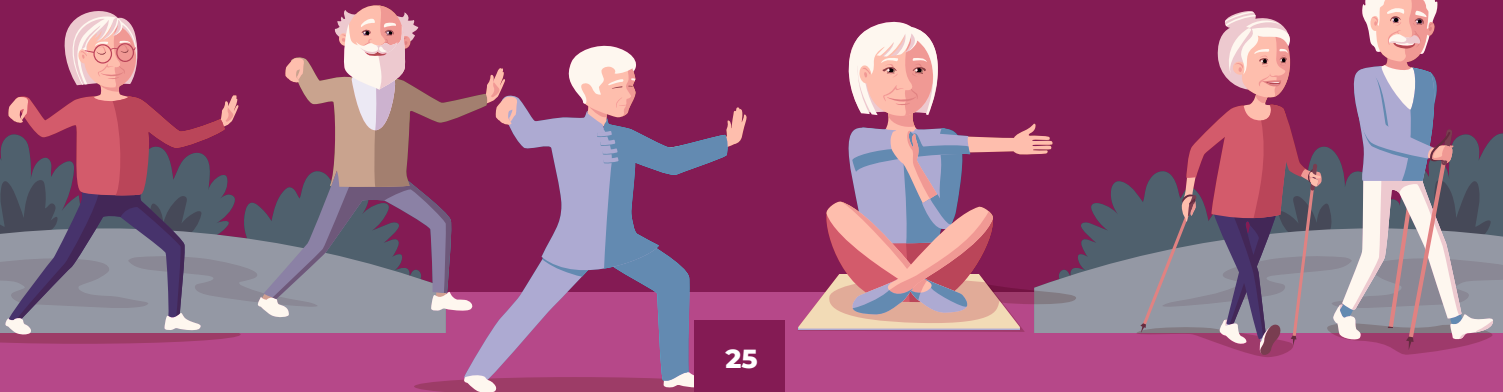
CARDIO & LOW IMPACT EXERCISES

1. Speed Drills

- Take a piece of chalk and draw boxes in the shape of a ladder on the floor.
- Place one foot in a square/box, as if you were to climb a ladder and gradually bring the other foot into the same square.
- Take one foot forward to the next block followed by bringing in the other foot. Do this until you have reached the end of the ladder.
- Repeat from the start.

2. Shoulder Overhead

- Stand at the bottom of a staircase or in front of a low-raised platform/block and place your right foot on the first step or block.
- Lift your left leg off the floor and hold it in the air for a second.
- Step down with your left leg then bring down your right foot down.
- Start again with the opposite foot and repeat 10 times per side.





**FALLS CAN BE PREVENTED!
KEEP IT STEADY. KEEP IT GOING.**

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