

Chronic Conditions and Falls Risk: **Obesity**

Learn the link between obesity and falls, and which falls prevention program is right for you.

Types of Obesity



- Class 1: BMI of 30 to < 35
- Class 2: BMI of 35 to < 40
- Class 3: BMI of 40 or higher

Falls Risk Factors



- Low muscle strength
- Imbalance
- Presence of chronic conditions like heart disease, arthritis, diabetes.

Solutions



- Exercise to maintain bone density and muscle volume
- Balance training
- Discuss medicine changes with your doctor

Falls Prevention Program Options



Contact Information