

Let's Get Moving: 5 Tips to Find a Balance and Exercise Program

As we age, it is common to feel unsteady or start to have a fear of falling. The good news is, there are many programs available that are proven to improve balance and strength to help decrease the risk of falls. Here are five easy ways to stay strong and find a program in your area.

- 1. Do exercises regularly.** If you were referred to a physical therapist to prevent falls, do your exercises as recommended by the physical therapist.
- 2. Contact your area agency on aging.** Visit eldercare.acl.gov or call 1-800-677-1116 to find the nearest area agency on aging (AAA) in your community. The AAA may offer information on its website, or you can give them a call to find out what balance and exercise programs are available nearby.
- 3. Visit your local senior center.** Senior centers offer a variety of programs and activities for people to join. They are often a "one-stop-shop" for programs that support healthy aging, including programs that support falls prevention.
- 4. Bring a friend.** Trying something new can be intimidating. Once you find a program that looks promising, take a friend or caregiver with you! You will have more fun, and you'll be able to motivate each other.
- 5. Don't forget online options.** Many physical activity programs are now available online. You may be able to participate in balance or exercise programs without leaving the comfort of home.

