

Reduce Your Risk for Falls!

Fall-risk reduction requires a multi-factorial approach, as recommended by the American Geriatric Society.

Five key steps to reduce your risk for falls using a multi-factorial approach include:

1. Educating yourself about fall-risk reduction
2. Getting fall-risk screening
3. Managing medications with your physicians
4. Making your environment safe
5. Exercising and balance training

Know the Fall-Risk Factors

- >80 years, female, Caucasian
- Foot problems
- Medications – type and number
- Difficulty with activities of daily living and use of assistive walking devices
- History of falls
- Lower extremity sensory loss and lower body muscle weakness
- Vision deficits
- Cognitive impairment and poor judgment
- Depression
- Sedentary

Get Appropriate Screening

- Get screened by your primary health-care provider.
- Tell your doctor about any falls you have.
- See a podiatrist to have your feet and shoes checked if you have issues.
- Ask your doctor to evaluate all your medications and supplements.
- Get a balance assessment if you have had falls or balance issues.
- Have heart arrhythmias and heart-rate abnormalities evaluated.
- Get annual vision check-ups and cataract surgery if needed.
- Ask your doctor to test you for vitamin D deficiency.

Manage Your Medications

- Work with your physicians to reduce/withdraw medications where possible.
- Many medications cause side effects that can affect balance, including: altered coordination, dizziness, drowsiness, blurred vision, headaches, memory problems, low blood pressure when moving from sitting to standing, lethargy and confusion.

Reduce Your Risk for Falls!

- Over-the-counter, homeopathic and complementary medicines, herbal remedies, and supplements can cause side effects & drug interactions.

Make Your Environment Safe

Indoors:

- Secure loose rugs & carpets, address loose cords and clutter on the floor, and repair damaged stairs. Use chairs of sufficient height with arms and back support. Move frequently used items into easy-to-reach cabinets.
- Correct glare from uncovered windows and lamps. Install night lights in hallways and bathrooms.
- Install grab bars in bathrooms and non-slip surfaces in tubs/showers.
- Get a home safety inspection from a qualified professional.
- Avoid hazardous activities such as running to answer the phone.

Outdoors:

- Repair exterior steps in poor condition and ensure hand rails are available.
- Use caution with rising from chairs, walking to the bathroom at night, and walking in unfamiliar environments.
- Avoid hazardous activities such as climbing ladders.
- Wear proper shoes (and slippers indoors) that provide good support.

Be Physically Active

Get at least 150 minutes per week of physical activity, including:

- Muscular endurance, strength and power
- Flexibility and range of motion
- Balance and mobility
- Cardiovascular (e.g., walking, swimming, cycling)

Five simple things to do now to improve your balance and stability

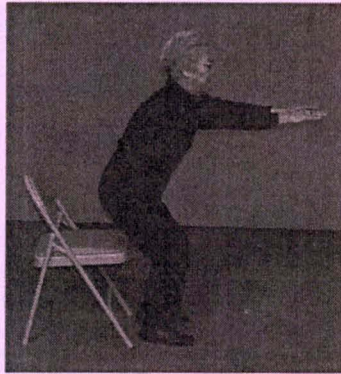
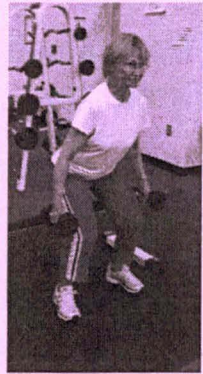

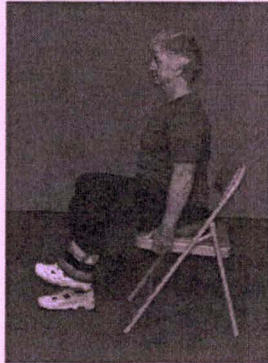

1. When rising from a seat, move forward from your belly button.
2. Upon standing, wait a moment before you move to ensure you are not dizzy.
3. Maintain good posture.
4. When walking, focus your eyes forward on a vertical target at eye level, but periodically scan the area in front for obstacles in your path.
5. Practice varying your walking speed (fast/slow) and stepping pattern (wide/narrow/short/long).



FallProof™ Fabulous 5 Exercises



- *Exercises can be performed with or without added resistance (e.g. ankle weights, elastic bands).
- *Some exercises can be performed standing or seated.
- *Use a chair, wall or bar for support as needed.
- *Perform 8-15 repetitions of each exercise.
- *Maintain upright posture.

Exercise		
<p>1. Partial Squat</p> <p>Note: Bend at the hips, pushing buttocks back as if sitting down – feet hip width, heels remain on floor</p>		
<p>2. Heel Raise</p> <p>Note: As heels are lifted, push firmly into big toes – for more challenging perform on one foot at a time</p>		
<p>3. Hip Flexion</p> <p>Note: Can perform seated with or without dyna-disc</p>		



FallProof™ Fabulous 5 Exercises



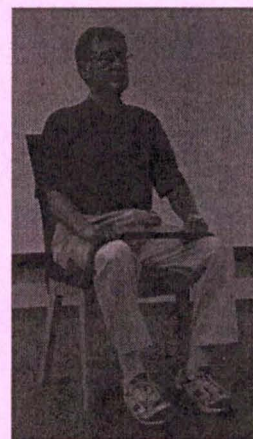
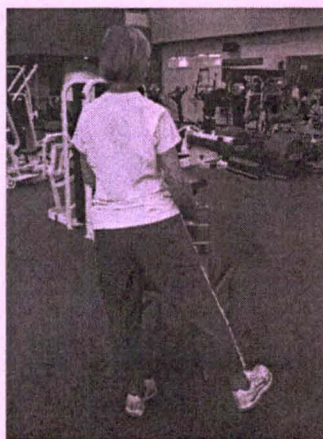
4. Hip Extension

Note: Keep knee mostly extended as leg moves backward



5. Hip Abduction – Leg Side Extension

Note: In seated position, wrap resistance band around legs just above knees, hinge knees open pushing against band



Memory tip to help you remember these exercises, think “down, up, forward backward, sideways”

Online Resources on Physical Activity for Older Adults

Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines are the essential elements of Go4Life. The strength, balance, and flexibility pages have photos and detailed instructions for sample exercises.

<http://go4life.nia.nih.gov/try-these-exercises>

Thera-Band Academy - The Academy has over 700 exercises that you can search for and create your own exercise program. Search on population category “older adults”. The search can be further refined based on a variety of search criteria.

<http://www.thera-bandacademy.com/exercise/Default.aspx>

International Council on Active Aging – Welcome Back to Fitness

<http://www.icaa.cc/welcomeback.htm>

International Council on Active Aging created this section of its website to help you gain access to scientifically based walking information and programs.

<http://www.icaa.cc/walkinghome.htm>



Get help reaching your fitness goals
with a fitness class from the LiVe Well Center.

FITNESS CLASSES

*Each class will be facilitated by licensed healthcare professionals
and personalized to meet your individual needs.*

TOTAL BODY CONDITIONING

An adult conditioning program designed to increase muscle strength, aerobic endurance, flexibility, and improve body composition. In this high-energy group fitness class participants learn how to perform activities with good form to maximize results and reduce the risk for injuries. The class is good for individuals with a basic foundation of fitness and generally free of injuries. Exercise modifications are offered to adjust to individual capabilities.

LIVE FIT

This class helps mid-life and older adults improve their fitness level in order to complete daily activities, hobbies and sports with ease. After a group warm-up, clients work individually using exercise prescriptions targeted at building muscular endurance and strength, balance and aerobic fitness as appropriate for each client. Emphasis is placed on performing activities with good form to maximize results and reduce the risk for injuries. The class concludes with a group cool-down focusing on flexibility and relaxation.

FALLPROOF™ BALANCE and MOBILITY

This specialized program has proven to be effective in reducing fall risk among older adults identified at moderate-to-high risk for falls and to promote functional independence. The classes provide a structured and progressive program of activities designed to address the factors that contribute to balance and mobility. Participants can improve seated and standing posture, improve walking ability, learn strategies to improve the ability to recover from a loss of balance, and increase confidence in completing physical activities of daily living.

BUILD ME UP

This group-based class is appropriate for individuals with mobility challenges and who may be using assistive walking devices. The class incorporates seated resistance exercises to help build muscle strength and endurance, with the goal to help clients perform activities of daily living with greater ease. To participate in the class, clients need to be able to get into and out of a chair without assistance and need to be able to follow verbal and visual instructions for how to perform the exercises.

ACTIVE AGING LECTURES

Active Aging Programs presents weekly educational lectures on healthy lifestyle behaviors, clinical information strategies for successful aging, and more. **These FREE events are scheduled most Fridays at 10 a.m. in the SelectHealth Auditorium**, located at 1424 E. Foremaster Drive. For more information, **please contact us at 435.251.3793.**



Before starting classes, participants must complete a Functional Fitness or Balance Assessment to measure fitness status and to determine the appropriate class for the client's needs. **The assessment fee is \$45.**

Class enrollment starts at **\$65 per month** unless otherwise noted, please call for more information. See reverse side for course schedules.



652 S. Medical Center Drive — St. George, UT 84790
(435) 251-3793 — www.IntermountainLiVeWell.org/stg

LiVe Well

FITNESS CLASSES SCHEDULE

2015



ALL CLASSES ARE SUBJECT TO CANCELLATION.

Class fees can be paid in advance at the front desk on the lower level of the Dixie Regional Health & Performance Center. Space is limited and registration is due prior to first class. To register or learn more, call (435) 251-3793 or visit www.IntermountainLiVeWell.org/stg.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.						
7 a.m.	LiVe Fit	LiVe Fit	LiVe Fit	LiVe Fit	7-11 a.m. LiVe Fit Flex (Additional fees apply, see front desk for details.)	8 a.m.-12 p.m. LiVe Fit Flex (Additional fees apply, see front desk for details.)
8 a.m.	LiVe Fit	LiVe Fit	LiVe Fit	LiVe Fit		
9 a.m.	LiVe Fit	LiVe Fit	LiVe Fit	LiVe Fit		
10:15 a.m.	Balance & Mobility II	Balance & Mobility I	Balance & Mobility II	Balance & Mobility I		
11:30 a.m.	Build Me Up	LiVe Fit	Build Me Up	LiVe Fit	10 a.m. — FREE Active Aging Lecture Series 1424 E. Foremaster Dr. (Just south of the River Road Campus)	
12:30 p.m.						
1 p.m.		LiVe Fit		LiVe Fit		
2:15 p.m.	LiVe Fit	LiVe Fit	LiVe Fit	LiVe Fit		
3:30 p.m.	LiVe Fit	LiVe Fit	LiVe Fit	LiVe Fit		
4:30 p.m.		LiVe Fit		LiVe Fit		
5:45 p.m.	LiVe Fit	Total Body Conditioning	LiVe Fit	Total Body Conditioning		

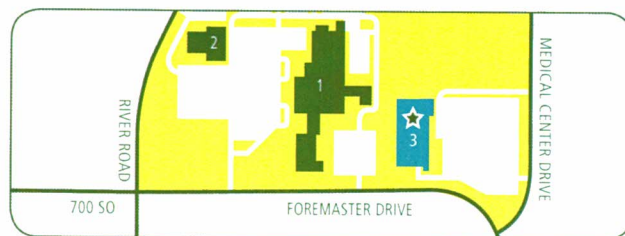
Active Aging Lecture Schedule 2016

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|--------------------|--|
| January 8 | <i>Kick Start Your Health: It's Never Too Late!</i>
Barbara J. Mathison, CHC, FFL |
| January 15 | <i>Get Ahead of Your Allergies</i>
Mark Stevens, MD-Allergies & Immunology |
| January 22 | <i>Are You Smarter Than a Scam Artist?</i>
Amy Brinkerhoff, SHIP & SMP Coordinator for the
Area Agency on Aging |
| January 29 | <i>Your Easy Chair Could Be Killing You!</i>
Karen Schlieter, MS-Gerokinesiology |
| February 5 | <i>Diabetic Retinopathy Disease & Prevention</i>
Shauno May, MD-Ophthalmology |
| February 12 | <i>Loving Yourself the Wellness Way</i>
Krissia Beatty, Miss Utah 2015-2016 |
| February 19 | <i>Intuitive Eating Can Help Manage Weight</i>
Annelies Newman, Registered Dietitian |
| February 26 | <i>LiVe Well Launches Inner Wellness Program</i>
Hannah Rothlin, MS-Kinesiology |
| March 4 | <i>Explore the Connection between Weight Gain
and Sleep Deprivation</i>
Kevin Weston, Exercise Physiologist |
| March 11 | <i>How to Get Well, Stay Well, LiVe Well</i>
Trevor Smith, Southwest Region Mgr, LiVe Well Ctrs |
| March 18 | <i>Tips for Quick & Healthy Meals</i>
Mary Brown, Registered Dietitian |
| March 25 | <i>Living Meaningful Lives through Acceptance
and Engagement</i>
Ron Chamberlain, PhD |

LiVe Well Learning Hub

LiVe Well Learning Hub FREE Services

- Reliable, up-to-date information about wellness, diseases and health conditions
- Drug and supplement information
- Information on treatment options
- Models of organs in the human body
- Educational DVD's and multimedia tutorials
- Treadmill work station with computer
- Quiet place to sit and read
- Physician referrals and access to care clinics
- Support groups and classes
- Business center with photo copier, fax and computer access
- Information for care providers and respite care
- And more...



FINDING OUR SERVICES

1. Dixie Regional Medical Center River Road Campus
2. River Road Clinic and InstaCare
3. Dixie Regional Health & Performance Center

The LiVe Well Learning Hub is located on the first level of the Health & Performance Center.

Staff hours: Monday-Friday, 8 a.m. to 4:30 p.m.

Still left with questions?

THE LIVE WELL LEARNING HUB CAN
PROVIDE THE ANSWERS YOU NEED.


Intermountain[®]
LiVe Well

435.251.3785

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