



Our Vision: Milwaukee County will be a national leader in the prevention of falls in the adult population through community education, collaboration, and innovation

Milwaukee County Falls Prevention Coalition Resource Series

Staying Active to Prevent Falls

Physical activity is an important part of healthy aging and has many health benefits including preventing falls and remaining independent.

Practical Tips

- Some activity is better than no activity – make it your mission to move more!
- Decrease time spent sitting as much as possible.
- Stand while doing regular household chores like laundry or dishes.
- When exercising be aware of your environment- stand near a sturdy surface in an area free of clutter.
- Listen to your body – if an exercise causes pain, stop doing it.

Electronic Resources:

Arthritis Foundation at Home Exercises: <https://aeawave.org/Articles-More/Better-Health/ArtMID/1614/ArticleID/93/Arthritis-Foundation-at-Home-Exercises>

Clock Yourself Mental and Physical Exercise App: <https://www.clockyourself.com.au/>

Dartmouth-Hitchcock exercise series:

- **Standing Exercises:** <https://www.youtube.com/watch?v=mQLzNf8VOlc>
- **Seated Exercises:** <https://www.youtube.com/watch?v=8BcPHWGQO44>

Go4Life Exercise Videos:

<https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8>

Silver Sneakers on Demand (for members): <https://tools.silversneakers.com/>

Silver Sneakers Videos: <https://www.youtube.com/user/TheSilverSneakers>

Gentle Tai Chi Video:

https://www.youtube.com/watch?time_continue=18&v=pa_l5NAOW4k&feature=emb_title

Tai Chi for Rehab:

<https://www.youtube.com/playlist?list=PLMyypbNPFKGgSxHqI65G6UrDI1blf493ih>

7 minute Yoga Video: <https://www.youtube.com/watch?v=NDLad2vOHkU>