



BALANCE BUILDER WORKSHOP

Don't fear falling - take control of it! SilverSneakers is more than just a fitness benefit. It can help you improve your balance and live the life you want. With SilverSneakers you have access to:

- trained instructors for support
- classes for all fitness levels
- 14,000+ participating locations
- use of all basic amenities*
- group fitness outside traditional gyms
- health and nutrition tips along with exercise videos

As an added benefit, SilverSneakers can help you:

- increase muscle strength and bone density
- prevent, delay or treat certain medical conditions¹
- increase flexibility and improve balance
- improve your memory and think more clearly

Stay independent longer with SilverSneakers.

Visit [SilverSneakers.com](https://www.silversneakers.com) to learn more.

1. [nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html](https://www.nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html)

* Amenities and availability of classes vary by location.

YOU HAVE THE POWER TO BUILD BETTER BALANCE

Balance Builder Workshop hosted by SilverSneakers





5 SIMPLE WAYS TO KEEP DOING WHAT YOU LOVE

- 1 Use your SilverSneakers® benefit and practice the exercises on the next two pages.
- 2 Review your Home Safety Checklist.
- 3 Schedule an annual wellness visit with your doctor.
- 4 Schedule an annual eye exam.
- 5 Have your doctor or pharmacist review your medicines.



The benefits of being a SilverSneakers participant outweigh the time spent exercising. Flexibility, endurance and friendship all increase the quality of my life.

– Linda, SilverSneakers member

STAY INDEPENDENT LONGER

In this interactive SilverSneakers Balance Builder Workshop, you will learn simple changes you can make to stay independent longer. Continue to build your balance at home and in participating locations even after the workshop.

On the following pages you'll find:

- Tips to help you stay strong and healthy
- Instructions for balance exercises you can do on your own
- At-home safety checklist

Not a SilverSneakers member?

If you're not a SilverSneakers member yet, learn more about the program and find out why millions like you take advantage of its benefits. SilverSneakers is offered for FREE to eligible Medicare recipients and employer-sponsored retirees across the nation.

SilverSneakers.com

1-888-423-4632 (TTY: 711), Monday – Friday, 8 a.m. to 8 p.m. ET

4 MUST-TRY BALANCE EXERCISES



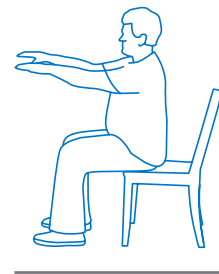
Whether you're a beginner or up for a challenge, these four exercises are a great way to build your balance. You'll work a range of muscles, and they can help with daily activities. They're safe and perfect for any age. You can even do them at home.

Reminders:

- Talk with your physician if you are unsure about performing an exercise, especially if you have had knee or back issues.
- Breathe while performing all of the exercises. Do not hold your breath.

1 The chair stand

1. Sit upright toward the front of an armless chair. Look forward and place your feet hip-width apart.
2. Tighten your stomach muscles and extend your arms so they are parallel to the floor.
3. Breathe out as you stand up from the chair. Make sure to keep your back flat throughout the movement.
4. Breathe in and slowly sit back down.
5. Repeat 10-15 times.



Tip: This exercise can be made more challenging by stopping when you are two-thirds of the way up and holding the position for three to five seconds before sitting back down. Continue to breathe throughout the exercise.

2 Stand on one foot

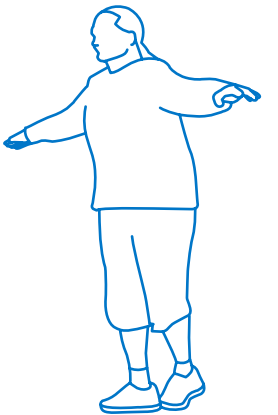
1. For support, stand behind a sturdy chair or next to a wall.
2. Slowly lift one foot completely off the ground.
3. Hold for up to 10 seconds.
4. Put foot back down.
5. Repeat 10-15 times with that same leg.
6. Repeat 10-15 times with the other leg.



Tip: This exercise can be made more challenging by removing support.

3 Heel-to-toe walk

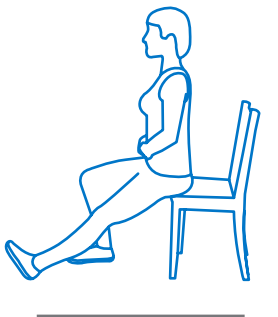
1. Stand up straight and choose something in front of you to focus on while you walk.
2. Walk by placing one foot directly in front of the other foot. The heel of your front foot should touch, or almost touch, the toes of the back foot.
3. Take a step and bring your back foot forward.
4. Repeat for 20 steps.



Tip: This exercise can be done next to a wall for added support.

4 Seated hamstring stretch

1. Position yourself toward the front of a chair with your feet hip-width apart.
2. Sit upright and tighten your stomach muscles.
3. Stretch your right leg forward, leaving a slight bend at the knee, and point your toes up.
4. Place your hands on the thigh of your left leg.
5. Keep your back flat and lean forward from the hip at no more than 45 degrees.
6. Stop when you feel a stretch in the back of the right left. Hold for 15-30 seconds.
7. Repeat with the other leg.



Tip: This exercise can also be done in a standing position. Keep back flat for duration of exercise.

YOUR SAFETY HOME CHECKLIST

You don't need to fear falling with help from SilverSneakers. The following safety checklist will help you find and fix areas to help reduce your risk of falling.

Entrance:

Do you have tile or linoleum floors at your front or back doors? Yes No

Yes: Have solid, non-stick areas inside any entrance to help secure footing.

Bathroom:

Is the path from the bedroom to the bathroom dark? Yes No

Yes: Install nightlights along the hallway—even every outlet. Let them light your way.

Is it difficult to stand during a shower? Yes No

Yes: A shower seat allows you to shower without getting tired or risking a fall because of dizziness. It can also eliminate the need to bend over.

Is the shower floor or bathtub slippery? Is there water on the floor?
Are there leaks from the tub or shower? Yes No

Yes: Install non-skid strips or a non-slip mat. Patch leaks and wipe up spills immediately. Get a plumber to check fixtures and seals.

Is it difficult to get on and off the toilet? Yes No

Yes: It may be helpful to raise the seat and/or install handrails.

Kitchen:

Are the things you use often on high shelves? Yes No

Yes: Move items around in your cupboards. Keep things you use often on the lower shelves and within easy reaching distance.

Is it necessary to reach far or bend over to get commonly used items and foods? Yes No

Yes: Rearrange cupboards. Put items you use every day in your most convenient cupboard.

Bedroom:

Is there a long reach from the bed to a light switch? Yes No

Yes: It's good to have a light switch within easy reach of where you sleep. Put a lamp close to the bed or attach a small headlamp to reduce the risk of falling—either from over-reaching or moving around in the dark.

Is there clutter (clothes, shoes, books, etc.) on the floor? Yes No

Yes: Pick up clutter from walkways to reduce the risk of tripping. Have a phone close to the floor so you can call for help in the event of a fall.

Do you need to wear glasses to see? Yes No

Yes: Make sure you put your eyeglasses within easy reach.

Living Areas:

Do you have to walk around furniture to walk through a room? Yes No

Yes: It's best to have a straight path through every room. Consider rearranging the furniture to clear a path and provide an obstacle-free walk.

Do you have throw rugs or runners in walkways? Yes No

Yes: It is best to throw away or get rid of the throw rugs. They can slip easily and cause a fall. Or you could try double-sided tape on them so they do not slip, just make sure all edges of the rug are secured tightly.

Steps and stairs:

Are paper, shoes, books or other objects on the stairs? Yes No

Yes: Always keep objects off the stairs. It's easy to ignore loose items on the steps and lose your footing. Place an extra chair near a stairway to collect loose items—just make sure the chair is not blocking a walkway.

Are some steps broken or uneven? Yes No

Yes: Fix loose or uneven steps. Wooden steps off your porch or deck outside can rot or weaken over time and may need to be replaced. Stair treads should be deep enough for your whole foot—at least 8 inches, but 10 to 11 is better. A stair rise should be no higher than 7 inches from one step to the next.

Are you missing a light over the stairway? Yes No

Yes: Have a handyman or an electrician put in an overhead light at the top and bottom of the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs? Yes No

Yes: Fix loose handrails or put in new ones. Make sure the handrail is secured into the studs in the wall—you may need to hire a handyman to help. Make sure handrails are on both sides of the stairs and are at least as long as the stairs.