



# Fall Prevention Academy

*Did you know that one third of the population over the age of 65 falls each year? And the risk of falls increases proportionately with age; at 80 years - over half of seniors fall annually!*

From 2000 to 2010, the number of Californians age 85 or older killed during falls more than doubled from 415 to 860, according to the state Department of Public Health. The rate of deaths related to falls among that age group rose about 50 percent during that period.

Roseville Health & Wellness Center understands that falls are preventable along with the decreased quality of life they impose. We want to make sure that our active aging population is living each day to the fullest- strong, healthy and without injury!

Our certified personal trainers have created a *“Fall Prevention Academy”* to help improve balance, flexibility and strength while educating participants on strategies to avoid falling.

This program is designed for anyone who is concerned about their health or the health of a loved one and wants to learn practical tips and tools in order to prevent injuries due to falls.

*During the two week course, we will discuss & practice:*

- *Likely scenarios where falls occur and how to strategize ways to prevent accidents.*
- *Stationary balance exercises and learn how to incorporate increased difficulty and build up to adding cognitive tasks.*
- *Moving balance exercises and learn how to progress safely in any balance program.*
- *How to fall properly and methods on how to avoid serious injury from falls.*
- *Learn how to prevent falls at your home and in outdoor environments.*
- *Strengthening exercises to improve balance, posture and overall stability.*

People who are afraid of falling, or who have fallen in the past are less likely to be active-thinking that's the best way to stay safe. However, research shows that those who are less active are more likely to fall because they lack the strength and subsequent balance they need to prevent falling. This is why healthcare professionals recommend starting a regular exercise routine of any kind-and what a better way to start... by using those muscles to keep us from falling!

