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Seminar Materials

- Slides available from the Chat pane and on our website
www.aging.idaho.gov/falls
- Recording available on our YouTube Falls Prevention channel
<https://youtube.com/@idahoCOA>

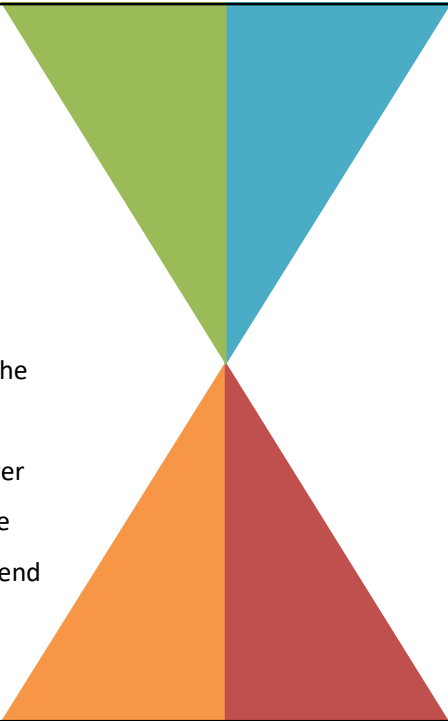


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Got Questions?

- Feel free to ask questions via the Q&A as you think of them
- Our presenter will either answer them at a good time during the seminar or during Q&A at the end



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Technical Emergency Plan

- If you have audio or video problems, please close out and log back in
- If we lose our presenter, the technical team will take over until he can log back in



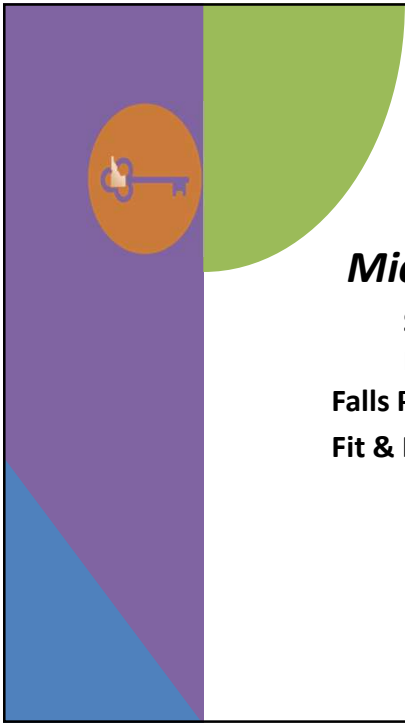
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What We'll Discuss Today

- Physical activity & falls
- Activity goals
- Balance & strength
- Activity changes & aging
- Stomping out falls
- Q&A



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Michelle Butterfield
Southeastern Idaho
Public Health
Falls Prevention Coordinator
Fit & Fall Proof® Program



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Why It Matters

- Staying active and stepping outside your comfort zone builds strength, balance and confidence!
- All the key factors to preventing falls!
- Ideas to get started
 - Hiking
 - Yoga
 - Try a new sport
 - Take a class
 - Swim
 - Get outside
- Let your health provider know.

BE READY
TO TAKE
NEW
CHALLENGES



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Stay Active to Prevent Falls

- Regular physical activity is one of the most effective ways to build leg strength, maintain bone density, and improve the balance needed to prevent falls.
- Promotes mobility, strength, and reaction time
- The goal is to avoid the fall cycle!



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Recommended Activity Goals

- **Weekly aerobic target:** Aim for 150 minutes of moderate physical activity, such as brisk walking, dancing, or water aerobics.
- **Strength and balance:** Include muscle-strengthening and balance-focused movements at least twice a week.
- **Yoga & Tai Chi** are especially effective for stability.
- **Start slowly:** Begin at a comfortable level and gradually increase your duration and intensity over time.



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Effective Balance & Strength Exercises

- **Sit-to-stand:** Sit on a sturdy chair with feet flat, lean your chest forward over your toes, and push up to a standing position without using your hands, if possible, then slowly sit back down (repeat 10 times).
 - Strengthens big muscle groups!
- **Heel-to-toe walking:** Walk in a straight line placing the heel of one foot directly in front of the toes of the other foot.
- **Single-leg stands:** Practice standing on one leg & have support near by, if needed.



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Safety Tips While Exercising

- **Stop immediately:** Cease activity if you experience chest pain, shortness of breath, or feel faint.
- **Use support:** Keep a stable countertop, wall, or sturdy chair nearby during balance movements.
- **Wear proper footwear:** Choose supportive shoes with non-skid, non-slip soles.
- **Stay hydrated:** Drink plenty of water, as dehydration can cause dizziness and lead to a fall.

9 WAYS SENIORS CAN STAY HYDRATED

1. Schedule times to drink water throughout the day
2. Try infusing fruits or veggies in water
3. Eat foods with a high water content
4. Limit caffeine & alcohol
5. Carry a refillable water bottle with you
6. Avoid exercising or going out in the heat
7. Wear light, loose-fitting clothes
8. Stay in the shade & wear a hat
9. Wear sunscreen every day, even when cloudy



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Challenge Creates Change

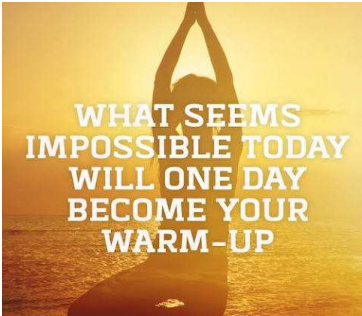
- Muscles become stronger when they are challenged
- Bones respond to loading.
- Tendons adapt to stress.
- Our cardiovascular system improves when we ask it to work harder.

“ IF IT DOESN'T CHALLENGE YOU, IT DOESN'T CHANGE YOU. ”

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The Principle of Adaptation

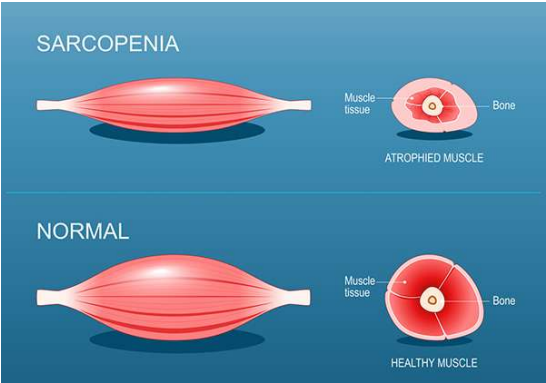
- Primary foundation of exercise.
- **If you never challenge your body beyond what it can already comfortably do, there is very little reason for it to become stronger.**
- That’s why progressive loading is so important.
- You might begin a squat using only your body weight. Over time, you add a dumbbell. Eventually, you may use a heavier dumbbell, kettlebell, barbell, or another variation.
- The same concept applies to deadlifting, carrying groceries, climbing stairs, running, lifting a child, gardening, or returning to a physically demanding job.
- We don’t build resilience by avoiding load forever. We build it by introducing appropriate load and gradually increasing what the body can tolerate.



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Our Body Changes With Age

- As you age, safely challenging your body helps rebuild lost muscle mass (**sarcopenia**), preserve joint mobility, and maintain independence in daily life.



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Safe Progression Tips

- **Recognize your baseline** – what is your currently activity level
- **Start slow** - Add small increments as you build strength
- **Practice transitions** - Instead of struggling with difficult movements, practice intermediate steps (like moving from a chair to the floor and back up using support).
- **Listen closely** - Stop immediately if you feel sharp pain, dizziness, or a loss of control.
- **Respect** - Injuries or limitations

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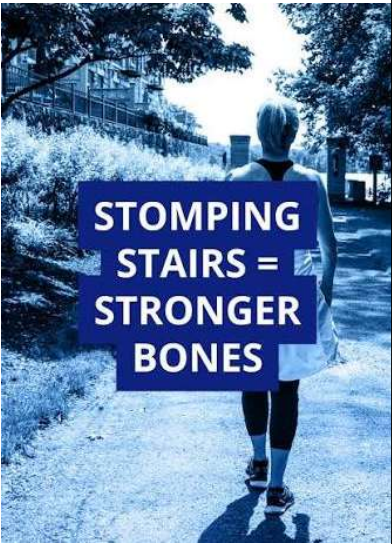


- [Exercises to Practice Daily to Prevent Falls](#)

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Stomping to Build Bone Strength

- Stomping your feet is a high-impact, weight-bearing exercise that creates dynamic forces to stimulate bone cell growth and improve bone mineral density.



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Let’s Stomp!

- **Increases Bone Density:** The physical impact sends mechanical signals to the bones, encouraging them to lay down new tissue and become stronger over time.
- **Builds Lower Body Strength:** Variations like side stomps or stomp squats engage and strengthen your thighs, glutes, and core.
- **Improves Balance:** Lifting the legs and controlling the landing helps challenge stability and coordination.



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Basic Stomp Routine

- **Lift the foot:** Raise one foot at least 9 inches off the floor while maintaining good posture and core stability.
- **Land flat:** Bring your entire foot down firmly on the floor, making sure the heel hits alongside the forefoot.
- **Start small:** Try 4 stomps per leg, twice a day, or build up to 10–20 repetitions daily.
- **Modify safely:** Practice on softer surfaces like a carpet or lighten the force if you feel joint discomfort.
- **Heel lifts & drops** – lift the heel up and then let it drop. Stomping sensation!

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What New Challenges You Will Try?

How do you prevent falls?

What keeps you active?

- Has your confidence level increased?
- Do you feel stronger?
- Are you able to balance on one leg for at least 10 seconds?
- How is your mobility level?
- Are you able to independently accomplish your activities?
 - House cleaning
 - Grocery shopping
 - Yard work
 - House maintenance
 - Driving
 - Attending social events



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Resources

- [Facts About Older Adult Falls | Older Adult Fall Prevention | CDC](#)
- [NCOA's Falls Free CheckUp](#)
- [Maintaining Your Medication Record Form](#)
- [How to Prevent Falls at Home: Aging-in-Place Safety Tips](#)
- [Falls Prevention - Idaho Commission on Aging](#)

Your 10-Minute Fall-Proof Checklist

- ✓ Add motion lights along the bed-to-bath path.
- ✓ Remove or secure throw rugs; tape cords out of walkways.
- ✓ Install grab bars and non-slip mats in bathrooms.
- ✓ Wear shoes with non-slip soles indoors and outdoors.
- ✓ Review medications, vision, and foot health annually.
- ✓ Practice daily strength and balance moves (tai chi, yoga, walking).
- ✓ Keep emergency numbers posted and a phone within reach in each room.
- ✓ Check lighting and flooring at your church, grocery store, or senior center.
- ✓ Have a family member do a home-safety walk-through twice a year.
- ✓ Talk with your doctor about fall-prevention resources in your area.

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Thank you!



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What Questions Do You Have?

- Enter questions into the Q&A
- We will pose questions to Michelle as time allows
- Changes to exercise should be discussed with your healthcare team



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Thank you for Your support

Participants

- We hope you understand how activity can change your fall risk and how you can minimize those risks

Presenter

- Our expert’s insights, knowledge & experience are irreplaceable!

Techie

- We can’t do any of it without our behind-the-scenes ZOOMbie!



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We hope you continue to be
falls-free in ID!

Next seminars: Thursday, September 24th
Recognize & Remove Trip Hazards at Home
(10 AM MDT/9 AM PDT)
Preventing Falls Is a Weighty Matter (1 PM MDT/noon PDT)
Register now www.aging.idaho.gov/falls