

Get Moving

Cardiovascular Activities

3 times a week for 30 minutes, at least 10 minutes at a time:

Walk, dance, swim, march in place, join a class

Strength and Balance

Exercise 2 times a week:

Tai chi, yoga, water aerobics, stretching

Check with your doctor or health care provider.

Get Checked

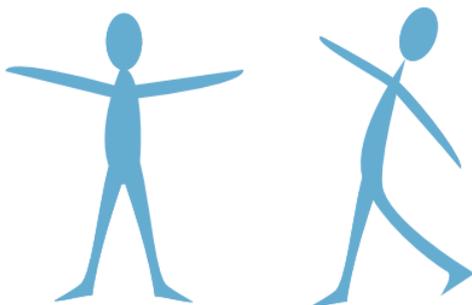
- Vision
- Hearing
- Medications
- Balance
- Exercise readiness

Be Safer at Home

- Install appropriate handrails
- Remove throw rugs
- Make sure walkways are clear of clutter
- Use night lights

Be Safer Walking

- Wear sturdy, nonskid shoes
- Use a walking stick or walker if prescribed or helpful
- Lift your feet
- Watch your step
- Use handrails





Know the Facts

- Nearly one third of older adults fall each year.
- Falls are the leading cause of injury-related hospitalization for older adults.
- More than half of older adults are then discharged to nursing homes.
- Falls are preventable.

Know the Risk Factors

- Muscle weakness
- Balance issues
- Previous falls
- Vision loss or changes
- Diminished hearing
- Inactivity
- Medications

Know Your Resources

- **Dial 211** for information and referrals
- **Exercise classes** at senior centers, community centers, gyms
- **Area Agencies on Aging** senior information or assistance
- **Washington State Department of Health**



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Available in other formats for persons with disabilities.



Stay Active & Independent for Life (SAIL)



FALLS FREE GUIDE



P R I N T I N G S P E C I F I C A T I O N S

Title: Stay Active & Independent for Life (SAIL): Falls Free Guide

Size: 2 x 3.5

Paper stock: 70# coated cover, white

Ink color: 1 PMS + black + matte aqueous 2 sides, bleeds

Special instructions: Prints 2 sides. Score, double parallel fold. Finished job trims to 2 x 3.5

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