

Moving in-the-midst of COVID-19

Physical Activity to Reduce Fall Risk



Strength and balance activities reduce the **risk of falls and fall-related injuries.**

Multicomponent physical activity, such strength, balance, endurance, and gait activities, can reduce the risk of falling and fall-related injuries in older adults!

https://health.gov/sites/default/files/2019-09/PAG_Advisory_Committee_Report.pdf

At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Do **yoga**
- **Balance on one foot** while watching TV
- Follow an **exercise video**, like a Better Bones and Balance® class, to strengthen your muscles
- **Walk heel-to-toe** around the house

Physical Activity Resources

- Yoga with Adriene ([YouTube](#))
- Better Bones and Balance® class ([website](#))



Older adults should perform balance and strength activities as part of the recommended **150 minutes per week** of moderate to vigorous physical activity. If this amount is unattainable, *do as much as conditions and ability allow!*

