

Exercises for Better Balance

Taking part in regular balance-focused exercise can promote optimal health and improve functional abilities, both of which help prevent trips and falls that may result in injury.¹

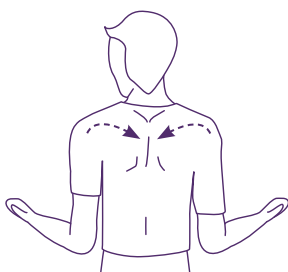
Below are some tips that could improve your health and stability, while enabling you to continue living an independent lifestyle. Before starting a new exercise regime, be sure to consult a healthcare professional.



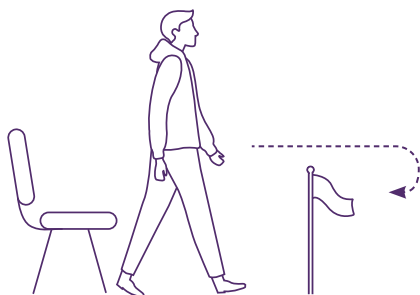
Sports such as biking, pilates, tennis, and even light walking help to strengthen both the lower body and core muscles.¹



Yoga and Tai Chi provide physical and psychological benefits. Practicing slower, controlled movements has proven to reduce the fear of falling.¹



Shoulder Blade Squeeze: Sit in a chair, keeping your shoulders down. Roll shoulders away from the ears while exhaling. Bend your elbows with your palms towards each other and tighten your abdominal muscles. Squeeze your shoulder blades together, briefly hold and return to original position.¹



Get Up and Go: Place a marker about 10 feet from a chair. Sit in the chair, placing your hands on your thighs. Stand up, walk towards and then around the marker, return to the chair. Slowly sit down in the chair. Steady yourself as needed.¹

When medical emergencies do happen, the **TELUS Health LivingWell Companion™**, a personal medical alert service with fall detection capability, can help.



Talk to your healthcare professional or contact us at:

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