

3 exercises  
for balance  
Problems



# Regain Your Balance

- Poor balance is associated with decreased physical function and an increased risk of falling.
- Falls are one of the most common causes of injury, loss of independence, and premature death.
- Approximately 30 percent of people age 65 and older fall every year.



# Regain Your Balance

- Several exercises have been shown to not only **support balance**, but to also *reduce risk of falls and fractures*:

YOGA

TAICHI

PILATES

# YOGA AND BALANCE

- **Yoga** is a mind-body practice hailing from India.
- Yoga is typically performed by **moving the body into various poses**, known as asanas.
- It gently stretches all your muscles, builds *strong bones* and **balance**, and encourages you to breathe deeply.

# YOGA AND BALANCE

- Study published in the *Archives of Physical Medicine and Rehabilitation* found that 65-year-olds who did yoga twice a week for 12 weeks saw a **6% decreased fear of falling**, a **4% improvement in static balance**, and a **34% increase** in lower-body flexibility.
- Study from the *Journal of Geriatric Physical Therapy* found that seniors who did 80 minutes of yoga twice a week for eight weeks had **improved balance scores** across the board.

# TAI CHI AND BALANCE

- Tai chi is a traditional Chinese conditioning exercise.
- Tai chi involves controlled breathing and choreographed movements that combine to resemble a deliberate, flowing dance.
- The graceful motions are performed by *slowly shifting your body's weight* from one foot to another while making synchronized arm, body, and leg movements.



# TAI CHI AND BALANCE

- Several studies have shown that tai chi can help you avoid falls by **improving your balance**.
- Study from *Archives of Otolaryngology* — Head & Neck Surgery found that eight weeks of tai chi training helped to **improve balance significantly**.
- Study from the May 1996 issue of the Journal of the American Geriatrics Society found that 15 weeks of tai chi exercise **reduced the risk of falls** in persons aged 70 and older.



# PILATES AND BALANCE

- The **Pilates Method** was developed by physical trainer Joseph Pilates in the 1920s to help dancers and athletes restore and build muscle tone and strength.
- Pilates focuses on overall physical conditioning and toning designed to **improve flexibility, muscle strength, and endurance.**
- It emphasizes spinal and *pelvic alignment, coordination, and balance.*



# PILATES AND BALANCE

- Study from the *Journal of Aging and Physical Activity* found that seniors who did Pilates for five weeks had **improved postural sway and balance.**
- Study published in the *Archives of Physical Medicine and Rehabilitation* found that people age 60+ who did Pilates for 16 weeks had **improved static and dynamic balance.**

# GETTING BACK IN BALANCE

- Be it yoga, tai chi, or Pilates, **start with a trained instructor** who can supervise your posture and movements.
- You can also use books, DVDs, podcasts, and YouTube to find an **at-home practice**.

# IMPACT OF FALLS ON AN AGING ADULTS LIFE

One of the biggest health risks to elderly adults may surprise you. Most would guess heart disease, cancer or other medical disorders. These certainly are a concern for senior citizens, but one of the most dangerous health hazards the aging population faces is falling.

More than one-third of adult's ages 65 years and older fall each year, according to the Centers for Disease Control and



Prevention. Among older adults, falls are the leading cause of injury-related deaths. More commonly, falls can lead to a prolonged period of rehabilitation, diminished function, depression and declining health. And in many instances, people become more isolated after a fall.

**Are you concerned about you or a loved one falling while getting up from a chair or sofa? Give yourself, and them, the security needed to live safely and independently.**

## ABOUT IVL

For more information about balance, bone health, and overall wellness,

visit

[www.ivlproducts.com](http://www.ivlproducts.com)

