

Recommended Fall Prevention Programs

Programs	Location	Day & Time	Cost

Notes:

Research shows that to reduce falls, exercises MUST focus on improving balance and strength, be progressive (get more challenging over time), and be practiced for at least 50 hours. This means, for example, taking a 1-hour class 3 times a week for 4 months, or a 1-hour class 2 times a week for 6 months.

The National Institute on Aging has created an exercise guide for healthy older adults to use at home. You can order this free book by going to:

www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

STEADI Stopping Elderly
Accidents, Deaths & Injuries