

4LIFE FITNESS NEWS

Falls Prevention Month | The Reading Corner | Practice Fall Prevention

Newsletter 📰

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- The Reading Corner
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- FREE Workshop for Fall Prevention

Birthdays 🎂

A Very Happy Birthday to:

Carol Redmount - Sept 17

Denise Spellberg - Sept 28

Member News 💬

We would like to welcome the following members to the Agile 4 Life Fitness Community:

- ♦ **Bob Ciano**
- ♦ **Nicola Kamper**

Investing in your fitness is the best health care insurance you can make. We want to say thank you to all of our members for the opportunity to help you improve your health and fitness.



Why National Falls Prevention Month?

This particular health campaign, which takes place during the month of September, was started to help bring awareness to the huge impact falls have on society. As you begin to look into the prevalence of falls, you realize it's not just a problem in the U.S. Falls are a huge concern all over the world. According to the WHO (World Health Organization), falls and injuries are the second leading cause of unintentional injury or death worldwide.

For professionals who interact or care for adults, the purpose of fall prevention awareness is to take the time to share effective and practical strategies to help increase the strength and mobility to those who are especially at risk. Statistics show it's the age group of older adults 65 plus. It's also a good time to evaluate your own fall risk or the fall risk of your family or loved ones. You can do that by answering the CDC, [Check Your Risk of Falling](#) questions.

Believe it or not, there are over 200 risk factors for falls. They are divided into two main groups. Extrinsic factors; what happens outside of you or around you. Intrinsic factors; what happens within you. For instance, wearing shoes with no tread on a rainy day could cause you to slip and fall. That's extrinsic. Having poor eye sight which causes you to run into things, or to trip and fall

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The Reading Corner - For Better Health & Fitness

[GoodNewsNetwork.org](#) 'Off the Charts' Hydrogel Outperforms Cartilage and May Be in Human Knees Next Year. **Very Exciting**

[GoodNet.org](#) Hydrogel May Soon Replace Knee Cartilage. (*This older article from 2020 has more details.*)

Fitness Inspiration

Sheila Thorne, Barbara Sargent & Zan Turner are the remarkable fitness inspirations for this month. Did you know they are all in their 80s? Yep, you read that correctly—in their 80s!

To their credit, while other 80 year olds were taking it easy during the pandemic, these amazing women were regularly showing up to exercise. They went outside their comfort zone and ventured into the land of digital fitness to do it. We call that serious dedication.

And, they're not doing a few stretch classes and calling it day. These ladies are doing some serious training. In fact, there is not a class where you won't find one of these ladies training.

In case you're sitting there thinking—they must not have the aches and pains I do—WRONG, they do. They have the arthritis, the bad backs, the stiff joints, diminished ROM, and heart & lung problems, just to name a few. Yet they still train regularly.

We find that pretty darn amazing and believe that these three women are truly an **INSPIRATION for all of us.** ❤️

How to Practice Fall Prevention

When it comes to older adults and fall-related injuries, the numbers are sobering. Falls are the number one cause of death in older adults. Within the first year of a fall resulting in a hip fracture, one-fifth of those people die and less than one-third return to their pre-fall level of health. That is truly frightening. More than 90% of hip fractures are tied to a fall-related injury, with the majority of those fractures occurring in people over the age of 70.

Here are the Top Five Causes of Falls

1. Impaired vision: It's hard to be aware of fall hazards and avoid them if you can't see them.

2. Medications: Side effects like drowsiness, dizziness, and confusion can impair walking and balance.

3. Poor Balance: Daily walking isn't enough. Corrective exercise is key. You need exercises that address cardiorespiratory conditioning, resistance training, balance and flexibility. (See below.)

4. Trip Hazards: Loose rugs, uneven pavements, and fallen objects can catch your foot. If you're out hiking, beware of tree roots, rocks, pebbles and loose gravel.

5. Chronic Diseases: Those that effect your balance, stamina, and overall strength can make you more susceptible to falling.

At [Agile 4 Life Fitness](#), we focus on the four components to an effective older adult exercise programs: cardio, resistance training, flexibility, and balance. Modified, according to each individual's needs, these four elements can help you live a healthier, happier, independent life.

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Cardio: Every exercise plan needs to include cardiorespiratory training. The current recommendation for adults by the CDC is to get your heart pumping for at least 150 minutes a week. If you have joint pain and can't withstand moderate to high-impact cardio, then try our low-impact Circuit Class. This type of training helps to strengthen joints and may lower blood pressure if done regularly. In terms of independent living, cardio exercise improves your endurance to run errands, climb stairs, walk rather than drive, and easily perform your other everyday activities.

Resistance Training: For older adults the recommendation is to add at least 50 minutes a week of strength training. It's one of the only ways to prevent the loss of bone mass (osteoporosis) and build bone density. Unfortunately, osteoporosis is one of the most common women's health issues. A solid exercise program like our R-Band Class is one of the best ways to battle the bone loss. Moreover, day-to-day activities that require strength won't feel so overwhelming such as getting in and out of cars, lifting heavier pots, opening jars, and doing a half squat in the restroom without hand rails.

Flexibility: With age, range of motion becomes more limited. Simple things like being able to look side-to-side while driving, stretching to tie our shoes, reaching up to grab something from the cupboards—all of these activities require the ability to move your body freely. Stretching for a purpose, like those taught in our Yoga classes are great ways to get your body more limber and increase your range of motion.

Balance: Loss of balance leading to falls is a common problem with older adults (as illustrated in this issue of [4 Life Fitness News](#)). Many mistakenly believe it ONLY has to do with inner ear issues and vision problems. As a personal trainer specializing in training older adults, I find that lack of balance comes from lack of overall muscle strength, core strength and joint mobility. There are targeted exercises to improve balance that we do in all of our classes—especially in the Core Class. Better balance helps reduce the risk of falling, and—perhaps more importantly—the fear of falling.

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would be intrinsic.

By design, when you take a class at [Agile 4 Life Fitness](#), you are actually working on a number of intrinsic factors that prevent falls. That's why you constantly hear us direct you to tighten certain muscles as you perform an exercise. Our goal, in case you need a reminder, is to get you to activate and strengthen the core muscles. And, remember those core muscles are the muscles that move, support, and stabilize the spine, back, hips, glutes, and stomach. In other words, the muscles that keep us upright!

But, there are other intrinsic factors that we don't often talk about that are just as important. Probably the most relatable factor is pain. Whether this pain is from an injury, arthritis, chronic or acute, pain can derail your efforts to stay strong enough to prevent a fall. Especially if the pain is keeping you from being active. Inactivity means muscles are getting weaker. If they are not being activated to maintain their strength, then they're losing their ability to be strong enough to prevent a fall or prevent a serious injury if you do fall. That's why it is so important to address pain in a timely manner when it's limiting your activities.

Another thing to be aware of is when you reach the age of 65 that is not the magical day your risk for falls increases. Having balance issues can happen at any age. Hearing loss, changes in your vision, changes in medications, how well you sleep, nutritional intake, and illness can effect balance. A bout with the flu or

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COVID, at any age, could make you so weak that you could feel unstable as you walked from the bathroom to your bed.

People with MS or Parkinson's struggle with balance on a daily basis. Diabetes and blood pressure medicines can also cause light headedness or dizziness which could lead to a fall. We all need to keep in mind a life changing fall can happen well before reaching the age 65.

As for extrinsic factors, many of them are common sense. Keeping pathways through the home free from clutter, not having rugs that move or could cause a trip, having good lighting so you can see where you're going, not wearing loose clothing that can get caught, and wearing appropriate footwear—especially for the weather conditions. You'll find other great suggestions in this infographic: [Life Hacks for Seniors to Make Life Easier](#) from [MedicareBenefits.com](#). For even more info, go to the [10 Simple Life Hacks for Seniors to Make Life Easier](#) blog article.

Special Announcement FREE Online Workshop for National Falls Prevention Month

This **FREE** 60-minute online workshop is for anyone who is interested in learning the 3 most important changes that will have the greatest impact on reducing falls.

Date: Tuesday, September 20, 2022

Time: 2:00pm Pacific (3:00 Mountain / 4:00 Central / 5:00 Eastern)

This workshop will take place over Zoom.

Invite all of your friends or family who worry about balance.

The workshop will include:

- Free training from an experienced certified personal trainer.
- Free easy-to-follow guide: **The 3 Most Important Changes You Should Start Today To Prevent Falls.**
- Free additional helpful infographics relating to fall prevention.
- Free list of helpful resources for older adults or children of older adults.
- A Falls Free Checkup from the National Council on Aging (NCOA).

If you know someone who might be interested, please send their email to: joy@agile4lifefitness.com or blake@agile4lifefitness.com. We'll make sure they get a special invitation to the workshop and receive a Zoom link to attend.

Also, feel free to share the newsletter with your friends or family. You never know when someone is ready to start investing in their own health and fitness.

We always welcome your comments, suggestions, ideas, and fitness stories.

