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## Vital Tips to Build Balance and Decrease Fall Risk

### #1 Warm Up/Cool Down

Want to avoid injuries? Warm-ups and cool-downs, with lower-intensity activities, are essential for the best circulation, breathing, and/or muscle demand to build up gradually. They also allow you to safely slow down after your workout.

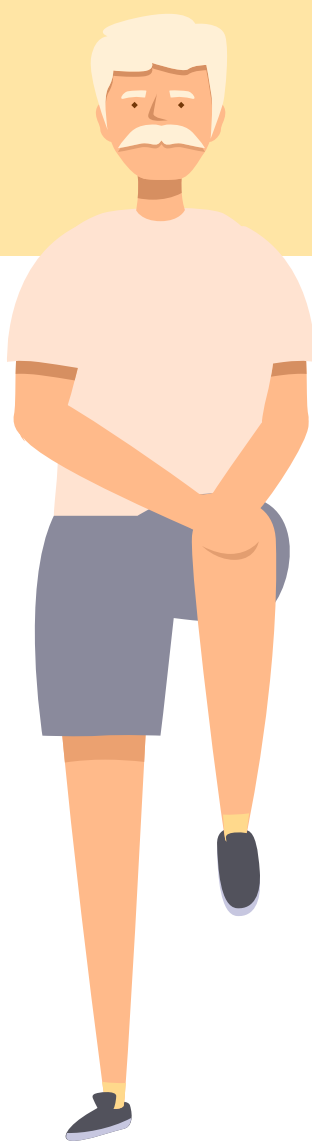


### #2 Strengthen Your Sensory Abilities

Think of all the daily situations you're in where the risk of falling is heightened: getting in and out of a vehicle or chair, navigating a narrow path, stepping over a threshold, walking to the bathroom in the dark, going up and down stairs and moving side to side.

A recent study suggests the inability to balance for 10 seconds on one leg is linked to an increased risk of death within ten years.

How long can you balance on one foot? Read the full blog for some balance targets to strive for, then check out the recommended exercises to boost your balance.



\*Always check with your doctor before making these or any other changes to your exercise routine



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