



# Caregivers Falls Prevention

## Balance & Strength

As a caregiver, you are busy helping others. Physical activity is extremely important to help you continue to be able to do your daily activities and care for others. Improving your balance and increasing your strength can have a noticeable impact on your risk of falls and overall health. We recommend that you follow the [Physical Activity Guidelines for Americans](#) for adults which recommends:

- At least two days a week of activities that strengthen all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- At least 150 minutes a week of moderate-intensity activity (such as a brisk walk) or 75 minutes a week of vigorous-intensity activity (such as hiking, jogging, or running).



It is essential to strengthen your muscles to keep your bones and muscles healthy. Overtime, as your balance and strength improve, exercises will gradually become easier. When this happens, you can advance your exercises by holding the position longer, reduce your support by not holding on to something, increase the amount of weight you are using, and increase how many times you do it. It is important to build strength and improve your balance so you can continue caring for others.

One way that you can improve your balance and strengthen your muscles is by joining an exercise class. Exercise classes are a great way to stay accountable, meet new people, and have fun while improving your balance, strength, and physical fitness. Examples of classes you might find locally include Stepping On, Strong Bodies, or Physical Activity for Lifelong Success (PALS).

Strength and balance can be improved at any age! You can find at home strength and balance exercises as well as more information on exercise classes and ways you can improve your physical fitness at <https://fallsfreewi.org/prevent-falls/balance-strength/>

