

## 5 Exercises to Help Prevent Falls

As you and your loved ones age, the risk of falling becomes more common, often resulting in serious injuries that can cause loss of mobility or pain. Doing regular fall prevention exercises can reduce your fall risk by strengthening your joints and muscles all while improving your balance! Check out these five simple exercises that don't require any equipment.



### Chair Sit to Stand

1. Start from a standing position with a chair placed directly behind you.
2. Slowly sit down in the chair using your leg muscles.
3. Form the seated position, stand back up using your arms if needed.

*Repeat 10 times.*

### Marching in Place

1. Start by holding on to a countertop or a sturdy chair back.
2. Standing straight up and begin to march in place.
3. Perform slowly and stay steady.

*Perform 20 marching steps.*

### Side Twist

1. Start by standing in the middle of two chairs
2. Place feet shoulder width apart.
3. Turn your entire upper body to one side and tap the chair that's across from your body.

*Repeat on the other side. Repeat 10 times each side.*

### Toe to Heel

1. Start by holding on to a countertop or a sturdy chair back.
2. Standing straight, rise on to your toes while keeping your heels in the air.
3. Then slowly lower your heels back to the floor.

*Repeat 10 times.*

### About Marian Manor

Marian Manor in South Boston, MA is committed to preserving the independence and personal dignity of all residents who make our community their home. Our services include post-acute care, respite care, skilled nursing, and hospice care, and our community offers safe, secure, and pleasant residences, delicious and healthful meals, a variety of amenities, and longtime staff who are knowledgeable, friendly, and caring. Marian Manor's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.