



## MARCH QUIZ

# FALLS PREVENTION

Falls are the leading cause of injuries and hospitalisations amongst the elderly population. It is estimated that 1 in 3 people over 65 years of age will have a fall at least once a year. The type of injuries sustained from these falls may include fractures and dislocations mainly of the wrist, shoulder and hip joints, as well as bruises, sprains and head related injuries. Statistics have shown that these falls are more common in females than in males.

Some of the reasons why the elderly population become susceptible to having falls is the degeneration of muscles, joints and bone mass which affect balance and stability. There are also certain risk factors with age that increases the probability of having a fall which include osteoporosis, prolonged physical inactivity and vision related impairments.

Self managing conditions such as osteoporosis only through vitamin D and Calcium supplementation may not be enough to prevent having falls; prevention is always the best tool to avoid having these complications occurring further down the track.

### **What to do to prevent having a fall**

Exercise through resistance training is the best way to prevent these incidents occurring. Resistance training at any age has been proven to improve strength, endurance, balance and stability amongst individuals that exercise on a regular basis.

Other types of exercises that help with balance and stability include Pilates which focuses on developing core strength and Yoga which can help with flexibility and balance through certain postures.

To find out more about resistance training and how to get started, book in for a gym floor appointment which is already included with your Health Mates gym membership.

***Turn over for your chance to WIN a 30 Minute Massage  
Entries due in the Suggestion Box by 23 March 2014 - Good Luck***



March QUIZ

## Complete the Quiz for the chance to WIN a 30 Minute Massage

Circle the correct answer then place your completed Quiz in the Suggestion Box  
by  
23 March 2014

**Females have a higher incidence of falls than males**

TRUE / FALSE

**Falls are the leading cause of injuries in the elderly**

TRUE / FALSE

**Managing osteoporosis through supplementation is enough to prevent further falls**

TRUE / FALSE

**A major risk factor of having a fall includes prolonged physical inactivity**

TRUE / FALSE

**Resistance training will decrease the risk of having a fall**

TRUE / FALSE

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_