

Physical Activity for Older Adults of All Abilities

The County community agencies have activity programs to meet your goals.



Which is best for you?

IMPROVE MOBILITY & INDEPENDENCE

- I'm afraid of falling
- It's hard for me to:
 - Find my balance
 - Get out of a chair
 - Walk without assistance

IMPROVE STRENGTH & BALANCE

- I'm worried about my balance
- I can do all of the following:
 - Stand on one leg for 2 seconds
 - Climb 10 stairs
 - Walk 1 block without losing my breath or sitting down

MAINTAIN & IMPROVE FITNESS

- I'm not worried about my balance
- I'm able to exercise 2x per week and want to:
 - Get stronger
 - Improve balance and flexibility
 - Increase my ability to exercise longer

[Prince Edward County Community Care for Seniors](#)

[Prince Edward Family Health Team](#)

[Prince Edward Fitness & Aquatic Centre](#)

[Prince Edward Public Library](#)

[Victorian Order of Nurses](#)

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August 2018

Adapted with permission from the Champlain LHIN Fall Prevention Steering Committee



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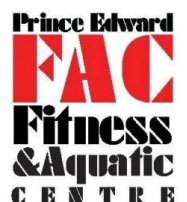
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