



LIVING STRONG
NORTH IDAHO

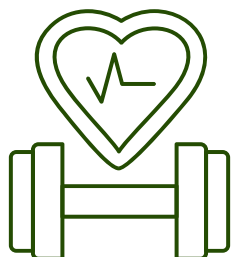
Preventing Falls: Strength, Balance, and Mobility After 50

Living Strong North Idaho Educational Resource

WHY THIS MATTERS

Falls are the leading cause of injury among adults over 65 and are one of the most common reasons older adults lose independence. Many falls occur due to a combination of reduced strength, poor balance, decreased mobility, and environmental hazards.

The encouraging news is that many fall risks can be significantly reduced through regular strength training, balance exercises, and maintaining mobility. These physical capacities help support stability, coordination, and confidence in everyday movement.



KEY INSIGHT

Falls are not an inevitable part of aging. Building strength, improving balance, and maintaining mobility are among the most effective ways adults can reduce fall risk and remain confident and independent in daily life.

WHAT RESEARCH SHOWS



Strength training improves lower-body stability and reduces fall risk



Balance exercises improve coordination and reaction time



Mobility training supports safe and confident movement



Stronger muscles help protect joints and improve stability



Regular physical activity helps maintain independence with daily activities






Sources:

- Centers for Disease Control and Prevention — Falls Prevention for Older Adults
- National Institute on Aging — Falls and Fractures in Older Adults
- Sherrington et al., 2019 — Exercise for Preventing Falls in Older People Living in the Community

HOW TO REDUCE FALL RISK

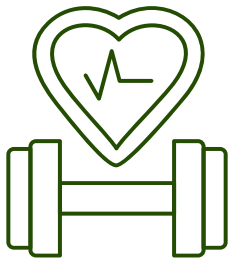
- ✔ Perform strength training 2–3 times per week to maintain lower-body strength
- ✔ Practice balance exercises such as single-leg stands or heel-to-toe walking
- ✔ Include mobility exercises to maintain joint flexibility
- ✔ Keep living spaces free of tripping hazards and ensure good lighting
- ✔ Stay physically active through regular movement and exercise

SAMPLE BEGINNER EXERCISES

-  Sit-to-stand squats from a chair
-  Step-ups on a low platform or stair
-  Heel-to-toe walking for balance
-  Single-leg stands while holding support
-  Resistance band leg strengthening exercises

Sources:

- CDC — How to Prevent Falls
- National Institute on Aging — Preventing Falls at Home
- WHO — Falls Prevention in Older Age



KEY TAKEAWAY

Maintaining strength, balance, and mobility is one of the most effective ways adults can prevent falls and protect their independence. Consistent physical activity helps improve stability, confidence, and the ability to move safely in everyday life.

Living Strong North Idaho – A Program of the Inland Northwest Healthy Aging Alliance

Educational Disclaimer: The information provided in this resource is for educational purposes only and is not intended as medical advice.

Individuals should consult with a qualified healthcare professional before beginning any exercise, nutrition, or health program.