

PROGRAM GOALS & HEALTH BENEFITS

- Improved social and mental well-being
- Improved balance and physical performance
- Improved confidence in conducting daily activities
- Reduced risk of falling and sustaining fall injuries
- Improved overall health
- Maintained independence and improved quality of life
- A decrease in blood pressure
- Improved sleep quality
- Improved cardiovascular and respiratory function



REGISTRATION & TIMING

- Be willing to engage in a 12 week falls prevention program
- Consult your primary care physician before joining the program for medical clearance.
- Program is recommended for anyone who is at risk for falls
- Strong personal desire and commitment to participate in the program (Highly recommended to attend a minimum of 80% of classes).
- Give permission for a Moving For Better Balance representative to contact your physician or health care provider if necessary.

MORE INFORMATION OR QUESTIONS

Jenna Zdunek,
Senior Health Innovations Director
YMCA of Marquette County
1420 Pine Street, Marquette, MI 49855
P 906.227.9622 F 906.227.9248
W ymcamqt.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVING FOR BETTER BALANCE

Overcome the fear of falling and live a stronger, healthier, more independent life.



FACTS FROM THE CDC

According to the Centers for Disease Control and Prevention (CDC) . . .

“Each year, one in three adults age 65 and older falls. These falls can cause moderate to severe injuries including hip fractures and head injuries. One way that older adults can remain independent and reduce the chance of falling is through regular exercise. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.”



WHAT IS MOVING FOR BETTER BALANCE

Moving For Better Balance is a 12-week evidence-based falls prevention program recognized by the CDC, National Council on Aging (NCOAO), U.S. Administration on Aging, (AoA) and various state Falls Prevention Coalitions and Department of Health and Human Services. The principles and movements of Tai Chi are used to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities. The program protocol consists of a core 8-form routine and a subroutine of eight integrated therapeutic movements forms that have been derived from the traditional 24-form Yang-style of Tai Chi, progressing from easy to more difficult which collectively involve a set of simple, rhythmic Tai Chi-based actions. Led by a Moving for Better Balance trained instructor, this program focuses on improving mental cognitive and physical functional ability especially balance to reduce fall-related risks and fall frequency.

HOW DOES MOVING FOR BETTER BALANCE REDUCE FALLS?

Moving For Better Balance fall prevention program is an evidence based program recommended by CDC for community fall prevention programming. Evidence from rigorous scientific studies has clearly demonstrated that Moving For Better Balance is effective in improving balance. Moving For Better Balance challenges limitations in balance and gait and addresses these limitations through a set of controlled, progressively designed exercises. Our ability to engage, retain and relate to participants has fostered outstanding results and improved not only improved balance reducing the frequency of falls among older adults. The program also provides other health benefits that contribute to healthy aging in a safe structured environment that engages older adults in a social setting they may not have had previously.

HOW IT WORKS

Moving for Better Balance is designed primarily for community-living older adults who are age 60 or older and are physically mobile with or without assistance.

PROGRAM DETAILS

Moving for Better Balance is conducted in a small group setting of 10-15 adults providing a safe and comfortable environment. Sessions take place twice a week for 60 minutes, and continue for 12 weeks supplemented by a 30-minute weekly at-home practice by each program participant. Moving for Better Balance costs Members \$28 and Non Members \$42.