MOVEMENT MATTERS

Keep Moving to Prevent Falls

Physical activity is good for the heart and circulation, bones, muscles. It also helps to maintain a healthy weight, improves mental well-being and balance, and reduces the risk of developing chronic diseases such as heart disease and diabetes. Everyone needs to keep active to prevent falls and injuries.

Recommendations:

- Children aged 5-17 should have at least 1 hour of moderate to vigorous physical activity daily, at least 3 days a week to incorporate vigorous physical activities as well as muscle and bone strengthening activities.
- Adults age 18-64 should engage in moderate-to-vigorous physical activity at least 2.5 hours each week, and incorporate muscle strengthening activities at least twice a week.
- Older adults, aged 65 and over, should have at least 2.5 hours each week of moderate-to-vigorous physical activity, and incorporate muscle strengthening activities to help with posture and balance at least twice a week.

Helpful tips:

- Consult a health care professional and/or a qualified exercise professional before becoming more physically active if you need guidance.
- Include a combination of balance, strengthening and aerobic activities for maximum benefit to reduce risk of falls.
- Incorporating movement can be as easy as taking the stairs, going for walks on a lunch break, etc.
- Break up long periods of sitting as much as possible.
- Encourage patients to participate in physical activity if safe to do so. Patients should start slowly and gradually increase activity over time.
- Remember some movement is better than no movement at all.





SOURCES: Canadian Society for Exercise Physiology / Government of BC

Saskatchewan Health Authority

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Metis People.

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