

STEPPING OUT STRONG™

My Road-Map for Fall Prevention



MY BALANCE SCORE TODAY WAS:

- ☐ <11 seconds (Poor) ☐ 18 seconds (Fair)
☐ 24 seconds (Good) ☐ >34 seconds (Excellent)

MY GOAL:

Stand on one leg for _____ seconds
by _____(date)

MY EXERCISE PLAN:

1

- Practice good posture and body mechanics
- Stand on 1 foot every day – work up to 30 seconds each leg
- Strengthen my legs and core – do exercises on reverse page
- Join a community exercise program*

2

MY HEALTH PLAN:

- Get my medicines checked - especially if I take more than 4
- Ask the pharmacist if any of my medicines can make me dizzy
- See the eye doctor for an eye exam

3

MY HOME SAFETY PLAN:

- Download a checklist from American Bone Health
- Install nightlights - especially in the bathroom
- Use handrails - install them in the bathroom
- Clear clutter

4

MY RESOURCES:

- American Bone Health's hotline (888-266-3015)
- www.americanbonehealth.org



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Movements for Fall Prevention



TO STRENGTHEN THE HIPS AND THIGH MUSCLES

- Feet hip-width apart, sit on edge of chair to prepare to stand.
- Feet in line with knees, hinge forward at hips, keep back straight and stand up.
- Begin to sit by hinging at hips, keep back straight reaching hips to chair.
- Lightly touch hips to chair and stand again. Repeat 8 times.



TO INCREASE ANKLE MOBILITY AND CALF STRENGTH

- Stand behind chair for support. Feet hip width apart, lift heels standing on balls of feet.
- Slowly lower heels to floor. Lift toes standing on heels.
- Lower toes to the floor and relax. Repeat 8 times.



TO INCREASE HIP STRENGTH AND BALANCE

- Stand with chair on right side for support.
- Standing tall, lift right leg with thigh parallel to the ground.
- Hold for 2 counts. Slowly lower leg and foot to floor. Repeat 8 times.
- Repeat with standing on left leg and raise right leg. Hold for 2 counts.



TO INCREASE HIP STRENGTH AND PROMOTE BALANCE

- Stand up straight with a chair for support. Shift body weight onto left leg and foot.
- Lift right leg off floor with knee straight and toes pointed forward. Hold for 2 counts.
- Slowly lower leg, lightly touch toes to floor and lift again. Repeat 8 times.
- Repeat with standing on left leg and raise right leg. Hold for 2 counts.