

## **Balance and Fall Prevention**

According to the CDC, more than one third of adults 65 and older fall each year in the United States and 20% to 30% of people who fall suffer moderate to severe injuries. Take a moment to explore helpful balance and fall prevention programs and services, articles, and related resources.

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Links

## **GetSetUp ~ Live classes for older adults, by older adults**

GetSetUp supports older adults to learn new skills, connect with others and unlock new life experiences. Older adults have incredible knowledge to share and new mountains (literally and figuratively) to climb, but until now they haven't had their own place to pursue their passions and continue creating, growing, and giving back.

Source

[GetSetUp ~ Live classes for older adults, by older adults](#)

Article

## **Talk to Your Doctor: 6 Tips to Help Inform Your Conversation About Falls**

Explore tips to help you talk with your doctor about falls and falls prevention.

Source

[National Council on Aging](#)

Links

## **Stay Independent: CDC Fall Prevention Checklist**

Source

[Stay Independent: CDC Fall Prevention Checklist](#)

Article

## **Four Types of Exercise Can Improve Your Health and Physical Ability**

Four types of exercise can improve your health - endurance, strength, balance, and flexibility.

Source

[National Institute on Aging](#)

Links

## **CDC: Older Adult Falls**

Source

[CDC: Older Adult Falls](#)

Links

## **National Council on Aging (NCOA): Falls Prevention**

Source

[National Council on Aging \(NCOA\): Falls Prevention](#)

Article

## **Maintain Your Muscle: Strength Training at Any Age**

Strength training is important to maintaining good health at any age.

Source

[National Institutes of Health](#)

Apps

## [Nymbal Balance Training](#)

The Nymbal Balance Training app combines mobile technology with advanced medical science to address one of the most significant global health care challenge of today: decreasing balance and increasing falls in an aging population.

Source

[Nymbal Balance Training](#)

Books & Guides

## [Falls Prevention Conversation Guide for Caregivers](#)

This conversation guide for caregivers provides helpful information on how to reduce your loved one's risk of falling.

Source

[National Alliance for Caregiving](#)

Links

## [National Safety Council \(NSC\): Fall Safety](#)

Source

[National Safety Council \(NSC\): Fall Safety](#)

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