



# Lifeline

## Stay fit

and help reduce  
the risk of falls.



*“If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine.”<sup>1</sup>*

**Robert N. Butler, M.D.**  
Former Director, National Institute on Aging

## Stay active. Stay independent.

Falls and fall-related injuries, such as hip fractures, seriously impact the lives of many older adults.<sup>2</sup> A fall could limit your activities or make it impossible to continue living independently.

Remaining active can help you reduce the likelihood and impact of falls and maintain your independence.<sup>3</sup>

### Staying active and exercising

- ▶ Maintains muscle strength
- ▶ Strengthens bones and slows down the progression of osteoporosis
- ▶ Keeps joints, tendons and ligaments more flexible, making it easier to move around
- ▶ Increases energy
- ▶ Strengthens the heart and lungs
- ▶ Promotes a sense of well-being

### You don't need a gym to exercise

Walking, gardening and household chores are all physical activities that keep you moving, active, and fit. **Chair-based exercises** are low impact and designed specifically to build strength where seniors need it most. Becoming active now will benefit you in many ways, including helping to reduce the risk of falls. **Look inside for some simple exercises to get you started.**

### Stay prepared and confident

No one plans to fall, but if a fall does occur, fast access to help may provide a better outcome and quicker recovery. With the Lifeline medical alert service with AutoAlert fall detection technology,<sup>4</sup> you have fast, easy access to help 24/7 and the confidence to stay active.

1. Butler, R. N. (1978). Public Interest Report No. 23: Exercise, the Neglected Therapy. The International Journal of Aging and Human Development, 8 (2), 193–195. <https://doi.org/10.2190/AM1W-RABB-4PJY-PIPK>

2. El-Khoury, PhD, et al., “The effect of fall prevention exercise programmes on fall induced injuries in community dwelling older adults: systematic review and meta-analysis of randomised controlled trials,” BMJ 2013;347:f6234.

3. National Institutes of Health, 2016.

4. AutoAlert does not detect 100% of falls. If able, a subscriber should always push their personal alert button when they need help. Button signal range may vary due to environmental factors.

# Exercises from a sitting position

Do not overdo it. Start slowly and build the number of repetitions gradually. Use a firm chair.

## Neck stretches

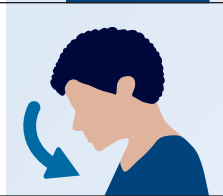
Side bends: tilt head sideways as if to touch ear to shoulder.

Right: hold 10 seconds, 10 reps  
Left: hold 10 seconds, 10 reps



Chin to chest: bend chin forward to chest.

Hold 10 seconds, 10 reps



## Arm raises

Raise arm up, pause at the top for 2 seconds, and bring down.

Right arm: 10 reps  
Left arm: 10 reps  
Both arms: 10 reps



## Back stretching and strengthening

With legs apart, place hands on each side of knee. Slide hands from knee to ankle and return to upright sitting position.

Right knee: 10 rep  
Left knee: 10 reps



## Seated marching

Alternate lifting knees to chest as if marching.

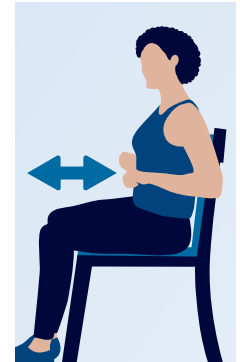
Right leg: 10–15 reps  
Left leg: 10–15 reps



## Rowing

Make sure to sit as straight as possible. Place arm straight out in front and then pull arm back with elbow next to your side.

Right arm: 10 reps  
Left arm: 10 reps  
Both arms: 10 reps



## Ankle range of motion

Point toes up as far as possible and then down as far as possible. Rotate both feet.

Clockwise: 20 reps  
Counterclockwise: 20 reps



## Knee extension

Straighten knee, pause and then lower foot back to floor.

Right leg: 10–15 reps  
Left leg: 10–15 reps



## Small kicks

Straighten and bend knee as in a kicking motion.

Right leg: 10–15 reps  
Left leg: 10–15 reps



This educational pamphlet was developed by Lifeline in collaboration with registered physical therapist Maryellen Madden.

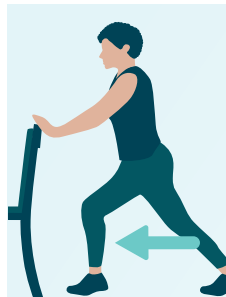
# Exercises from a standing position

To maintain balance, use a kitchen counter or the back of a sturdy chair that doesn't have wheels.

## Calf stretch

Hold the back of a chair. Step back with one foot, keeping foot straight. Lean forward, keeping heel on floor.

Right leg: hold 30 seconds, 3 reps  
Left leg: hold 30 seconds, 3 reps



## Heel and toe raise

Stand straight with your feet shoulder-width apart, rise up on toes, pause, and lower back down.

Then, keeping your heels flat, lift your toes and lower back down.

Both feet together: 10 reps



## Lateral leg swing

Hold the back of a chair. Move leg straight out to side without bending knee or waist. Keep toes pointed forward.

Right leg: 10–15 reps  
Left leg: 10–15 reps



## Mini-squats

Hold the back of a chair. Bend knees as far as is comfortable. Keep back and head up straight and behind toes, as in diagram. Then return to standing position.

10 reps



## Hip flexion and extension

Hold the back of a chair and bring your knee up as close to your chest as possible, trying not to bend at the waist.

Slowly lower your leg and swing it straight behind you without bending your knee. Then lower it back to the starting position.

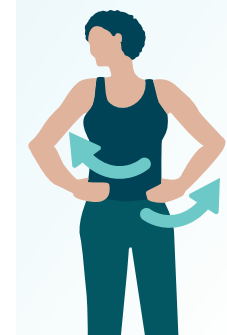
Right leg: 10–15 reps  
Left leg: 10–15 reps



## Side-to-side twist

Keeping your feet on the ground, shoulder-width apart, slowly twist upper body from right to left. Stand as straight as possible.

10 reps



**Note:** The exercises suggested here do not substitute for a program provided by your healthcare professional. Be sure to consult with them before beginning any exercise program.

# Why choose Lifeline

- ▶ Lifeline is the #1 medical alert service in Canada.<sup>1</sup>
- ▶ All help calls answered in Canada at one of our two Lifeline Response Centres
- ▶ Professional home installation
- ▶ Proven AutoAlert fall detection technology available
- ▶ No landline phone needed.<sup>2</sup>



<sup>1</sup> Claim based on the number of subscribers

<sup>2</sup> For cellular service options, a customer phone number is required to enroll. Assumes the location of the communicator is in an area with sufficient access to coverage by the third party cellular network provider.

[www.victorialifeline.ca](http://www.victorialifeline.ca)

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Safe and independent living.

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