Why should you be concerned about falls?

- 1 in 4 Americans aged 65+ fall every year.
- Falls are the leading cause of injury, hospitalization, and death for older adults.
- You can take control of your health and prevent falls.

Six Steps to Prevent a Fall

1. Find a good balance and exercise program
2. Talk to your health care provider about falls prevention
3. Regularly review your medications with your health care provider or pharmacist
4. Get your vision and hearing checked annually and update your eyeglasses
5. Keep your home safe from falling hazards
6. Talk to your family about staying safe

To find a class in your area, call 1-888-222-2542

Resources

Utah’s Falls Prevention Alliance (FPA)
www.ucoa.utah.edu/fpa

Health education program
www.livingwell.utah.gov

Healthy aging
www.ncoa.org

Tai Chi for Arthritis:
Relaxing, fun, and easy to learn

Join the class where you’ll learn and practice this ancient exercise consisting of slow, relaxed movements to prevent falls and to improve your body and life.

Call 1-888-222-2542 to find a class near you.
Tai Chi for Arthritis (TCA) is a program designed by Dr. Paul Lam, in conjunction with a team of medical experts and tai chi masters. Using the sun style of tai chi, the TCA program is easy to learn, safe, and effective.

Each class includes:

- Warm-up and cool-down exercises
- One or two movements per lesson, progressively leading to completing the six basic core movements and six advanced extension movements
- Breathing techniques
- Tai Chi principles, including those relating to improving physical and mental balance

Tai Chi for Arthritis has been shown to:

- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain
- Prevent falls

The class meets for one hour, twice a week. It is led by a trained instructor.

Tai Chi for Arthritis is designed for anyone who:

- Is 60 or older
- Has had a fall in the past year, or is fearful of falling
- Has mild, moderate, or severe joint pain and/or back pain
- Adults with or without arthritis