

Things you can do to prevent falls is to openly speak with you healthcare provider. Let them know if you fall, worry about falling or feel unsteady. Have your provider review your medications as well as over the counter medicine. The way medications work can change as you age, some medications or combination of medications can make you sleepy or dizzy and can cause a fall. Ask your doctor about taking vitamin D supplements to improve bone, muscle and nerve health.

### Heel-Toe (Calf) Raises

Benefits and how it will reduce your risk:

- Improves strength in lower leg(calf) muscles which are important for balance during walking.

How to do it:

- Standing at a countertop or behind a sturdy chair for support look forward at eye level, relax your shoulders.
- Slowly lean back on your heels, then slowly rock forward and up onto your toes.  
Repeat 8x

Challenge yourself:

- If you feel comfortable place your hand on your hips (still keeping the chair or countertop in front of you for safety).
- Try raising your heels quickly holding for 3 seconds than lowering slowly for a “Power Exercise.”

Modifications:

- If you find standing too difficult start by doing this exercise seated, slowly work up to doing the exercise standing even just 3-5 reps and gradually increase as you gain strength.

