

# MYTH

# FACT

1

Falls cannot be prevented!

Most falls can be prevented! You can reduce your risk, by exercising!

2

I walk a lot! Walking is enough exercise!

Well done! But, walking alone does not prevent falls. You need to engage in strengthening, flexibility and balancing exercises as well.

3

I'm too old to start exercising!

As we age, we do lose muscle mass, but exercise can help restore strength and flexibility!

4

Avoiding activity is the best way to avoid falling.

When you move less, your muscles become weaker and your reflexes become slower. This increases your risk of falls!



Strengthening



Aerobic



Flexibility



Balancing