

# Balance of Power

# Moving for the Master

Exercise for a Lifetime of Productivity and Service

## How To Reduce Risk of Falling

- Equilibrium
- Coordination
- Reaction speed
- Strength
- Endurance

## What Will It Look Like?

- Better static balance (standing)
- Better dynamic balance (moving)
- Reduced fear of falling
- Bolstered confidence in balance
- Improved quality of life
- Better physical performance (easier to get stuff done)

## Exercise Levels

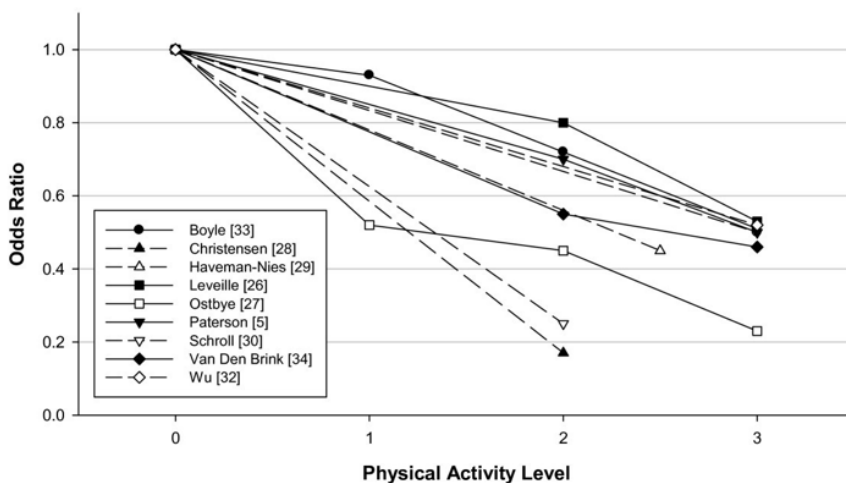
**0** = Sedentary

**1** = Light activities of daily living; occasional walking and gardening

**2** = Moderately active; 3-5 days/week for 30 min; gardening or normal walking

**3** = Vigorous activities and high level of systematic activity

Physical Activity and Loss of Mobility and Limited Function



## I Want to Exercise and Get These Benefits!

- Mobility
- Independence
- Confidence
- Performance

## True or False

**My children would like me to participate in exercise that prolongs my independence?**