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**WHAT  
EVERY  
SENIOR  
NEEDS TO  
KNOW...  
BEFORE YOU  
FALL**

by Certified Personal Trainer;  
Senior Exercise Consultant;  
Joy Fletcher from  
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# *Fall Statistics for Seniors*

- **Currently in the U.S.**, every second of every day, an older adult suffers a fall. (CDC)
- **Every 11 Seconds** an older adult is treated for a fall related injury. (NCOA)
- **Falls** are the most common cause of a traumatic brain injury. (CDC)
- **More than 95%** of hip fractures are caused by falling - most falling sideways. (CDC)
- **Falls** are the leading cause of both fatal and nonfatal injuries for seniors. (NCAL)
- **1 Out of Every 5 Falls** causes an injury, such as broken bone or a head injury. (NIH)
- **Every year**, more than 25% of adults 65 and older fall. (CDC)
- **Falling once** doubles your chances of falling again. (CDC)

**A** review of the fall statistics makes it very clear that one unfortunate, unplanned, accidental fall could leave an older adult losing their independence or worse.

Preventing a fall is by far the most desirable way to keep from being part of these grim statistics. That however, can be trickier than you might think.

According to research on fall prevention, there are over 200 risk factors that can cause a fall. That means there are constantly fall risks all around us. There are external risks such as cracked sidewalks, slippery floors, unseen steps, and loose area rugs. Plus, there are just as many fall risks that happen to us internally, especially as we age, like hearing loss, failing eye sight, taking medications, and most prevalent—muscle weakness.

In the FREE infographic: [\*The 3 Most Important Changes You Should Start Today to Prevent Falls...As You Age\*](#), I talk about those risk factors and how you can improve your chances of preventing a fall. Please check it out.



## *Hi - I'm Joy Fletcher, CPT*

- I love making it as easy as possible for **YOU** or any senior to stay active and strong. Helping you to decrease your fall risk so you're not afraid to live your best life, everyday.
- During the COVID shutdown in 2020, I was worried my dedicated fitness friends from the Berkeley YMCA would loose all of their hard earned fitness gains. So we all got together and started training online.
- It wasn't long before the regulars started telling their friends, the class sizes grew, and **Agile 4 Life Fitness** began welcoming any older adult looking for quality age appropriate online fitness classes.
- Classes that are fun and innovative while giving you the results you're looking for—improved strength, endurance, and better balance.
- Applying my extensive experience in aging, functional fitness, and using the most up-to-date research on fall prevention, I also created a comprehensive program called **Standing Strong - A Senior's Guide to Fall Prevention**. In fact, the information included in this presentation has been taken directly from **Standing Strong**.

# WHAT YOU NEVER WANT TO HAPPEN AFTER A FALL

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Not only have I personally witnessed this, but I've also heard many stories about other seniors who have fallen and were not able to get themselves up. They had to lay on the floor, waiting for hours or even days, for someone to find them so they could get the help and assistance they desperately needed.

The term for this—spending an hour or more on the floor before help arrives—is called “long lie”. Unfortunately, long lie happens more than you think and can lead to serious physical and psychological affects. Especially a strong fear of falling and losing their quality of life.

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**In one study of older adults  
47% of non-injured fallers  
could not get themselves up  
after a fall**

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<https://pubmed.ncbi.nlm.nih.gov/8416408/>

# WHAT COULD PREVENT YOU FROM GETTING UP AFTER A FALL?

- ✓ **You're alone and get injured; you experience a broken bone, a concussion or you're rendered unconscious.**
- ✓ **You have ongoing muscle weakness or frailty.**
- ✓ **You have dementia or get confused and can't fully understand the situation that has just occurred.**
- ✓ **The location of the fall is somewhere that's not easy to maneuver, such as a narrow hallway, a steep slope or the ground is unstable.**
- ✓ **You have nothing to grab onto to pull yourself up.**
- ★ **You have not prepared and have no plan on what to do if you fall.**
- ★ **You have not practiced how to get yourself up from a fall.**

**W**hen you're trying to reduce risk factors that affect balance and prevent falls, it would be nice to get immediate results. To get quick results, it's best to tackle the things that are in your immediate control. Preferably any risk factors that can be controlled quickly and with minimal effort.

For instance, as soon as today, you could talk with friends, neighbors or family members and set up (or exchange) regular frequent wellness calls or visits. This "plan" would help to eliminate the risk of experiencing a long lie where you spend days on the floor after a fall before help arrives.

Compare that to working on muscle strength. While improving muscle weakness is an excellent plan and is highly recommended and encouraged, it's important to remember that the benefits will not be immediate. So while improving muscle strength does decrease your risk of a fall, it will not be immediate. Any noticeable improvements will take about 4-6 weeks and that's if you train consistently for at least two days a week.



# THE 2 BEST TECHNIQUES TO IMPROVE YOUR CHANCES OF GETTING UP AFTER A FALL

## ***1. Always be prepared in case you fall.***

Just like any emergency situation, if there is no plan, there's a good chance the situation could turn out with an undesirable outcome. We'll cover a number of ideas you can implement quickly and easily.

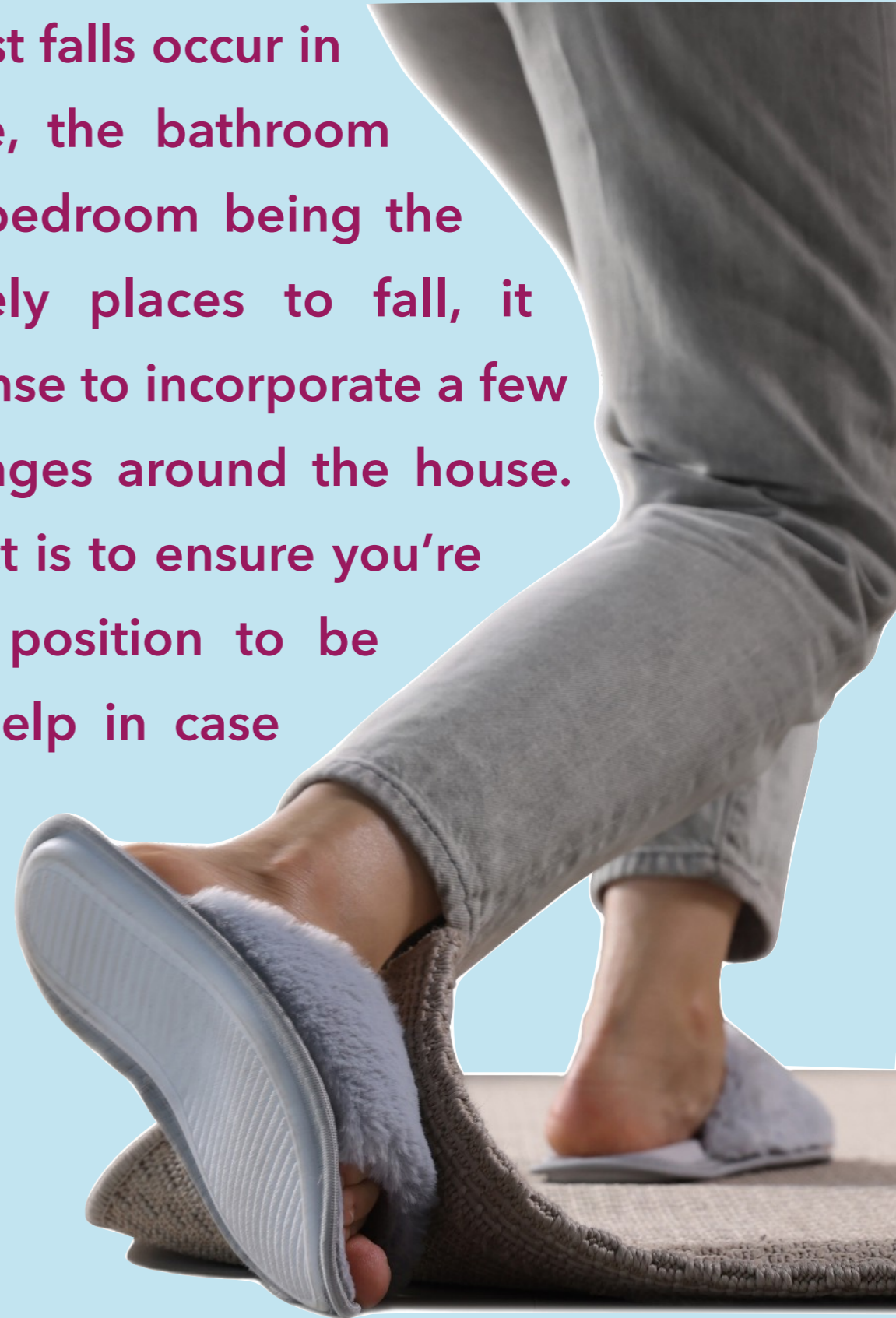
## ***2. Review and practice ways to get up in case you do fall.***

Our body's movements are controlled in part by muscle memory. It helps your body to remember what to do if you practice how you would get up after a fall. Again, any good emergency plan has better results if it's practiced. So, we'll review a number of different ways to get yourself up.

## Make a Plan #1

**ALWAYS  
BE  
PREPARED**

Since most falls occur in the home, the bathroom and the bedroom being the most likely places to fall, it makes sense to incorporate a few easy changes around the house. The object is to ensure you're not in a position to be without help in case you fall or you're injured in a fall.



# WHAT TO THINK ABOUT - SO YOU CAN BE PREPARED

## *Things to Consider*

1. Is there someone close by—you absolutely know you can contact—to help you up off the floor, without having to wait too long (long lie)?
2. Do you currently have enough strength to get yourself up off the floor on your own if you fall? Have you practiced?
3. Are there sturdy chairs or furniture throughout your house that you can use to pull yourself up off the floor if needed? Do you remember where they all are?
4. Do you know if you grab onto a sturdy chair or piece of furniture, that you could pull yourself up off the floor? Have you practiced?
5. Can you propel yourself across the floor if it's necessary to maneuver to something to pull yourself up? Have you practiced?

# START HERE...TO BE PREPARED

1. If you have a land line, place at least one phone in an area where you spend a majority of your time. Make sure it's low enough to be reached even if you're confined to the floor after a fall.
2. If you have a cell phone, make a conscious effort to **ALWAYS** have it on your person while you move about from room to room. For convenience, either store it in a pocket or purchase a convenient phone holder. Search 'cell phone carriers for elderly' on Amazon for ideas.
3. Check to see if your wearable device (ie. Apple Watch or FitBit) or cell phone has an automatic emergency SOS alert system. If so, make sure you have it set up, you have emergency contacts entered, and you understand how it works should you need it.



# ALWAYS BE PREPARED CONTINUED...

4. Consider buying a separate medical alert device. To ensure the service you purchase will be there when you need it, here's what to look for:
  - A. The device itself should have a UL listing. Meaning it has been tested under many different types of conditions and it works as it claims.
  - B. Make sure the service and the device does testing every month or allows for testing every month.
  - C. The device should have a 24 hour battery backup in case of a power outage.
  - D. You are looking for a service that has a very quick response time - 60 seconds or less.
  - E. Make sure the service has its own call monitoring center and is not using a 3rd party which can delay response time.
  - F. Make sure the service offers complete coverage, available 24/7, 365 days, day and night.



## Make a Plan #2

# REVIEW AND PRACTICE

Sometimes a fall happens so fast that you don't have time to think (about it) and everything that happens will be reactive. However, if you have "mentally reviewed and practiced" what you should do to protect yourself during a fall, it could save you from a serious injury.

**Important Note:** NEVER practice falling without professional supervision. This is especially true if you have been diagnosed with osteopenia, osteoporosis or any other type of condition that causes weakness and/or brittleness in the bones or spine.



# HOW TO FALL TO PREVENT INJURIES

1. **Protect your head at all costs by tucking your chin.** Using this simple technique during a backward fall can save you from a concussion, traumatic brain injury or even whiplash.
2. **Bend your knees when falling backwards.** The object is to shorten the distance of your fall allowing you to decrease the impact forces.
3. **Try to relax as you fall.** This can help to distribute the impact so it's not all on one spot. Better distribution of the impact forces can help to minimize injuries.
4. **Keep your elbows bent like a spring.** When your arms are straight and locked, in an effort to catch yourself, it's one of the most common reasons for a broken bone. Keep your arms bent to help absorb the impact.
5. **Try to land softly and on your largest body surface.** This technique requires more control. There are number of things you're trying to control as you fall.
  - You try to land on a soft surface and not land hard on one small body area.
  - You try to twist away from any hard surfaces, projectiles, corners or hard objects.
  - You try to land either to one side of the butt and leg, not allowing a direct impact on the hip or to the front with arms to buffer the fall.

# THE BEST FIRST STEPS AFTER A FALL

1. If you know you're in a safe place, don't immediately try to move or get up unless you are having trouble breathing or notice bleeding. At which point **call 911** immediately.
2. If you can breath and there is no bleeding, take time to allow your adrenaline levels to lower and for you to recognize what's happened.
3. Calm yourself and take deep breaths to allow your breathing to come back to normal.
4. If other people are around and offer help, let them know you need a few moments to evaluate your situation before you try to get up. (Unless trouble breathing or bleeding)
5. After you've calmed down, and you're fully aware of your situation, the next step is to check to see if you're injured. (Do a Body Check)
6. If you didn't land on your back, see if you can roll to your back without assistance and/or without sharp pain. If this is not possible, stay as you are and either you or someone nearby will need to **call 911**
7. If you're on your own and you can't move, see if you can get to your phone to **call 911**.
8. If you can't reach your phone, you'll need to yell for help or try and get yourself to a place where others can see and/or hear you.



# BODY CHECK TO SEE IF YOU'RE INJURED

- **Ankles** - point, flex, and roll each ankle, 2 times.
- **Knees** - bend 1 knee, foot on the floor, knee pointed to the ceiling. Slide the foot toward your butt and back out to straight, 2 times each.
- **Hips** - bring one knee up to the chest, go back to straight. Bring the other knee up to the chest and back to straight. Do 2 times for each hip.
- **Lower Back** - place both feet on the floor, knees to ceiling, and let both legs fall to one side, then fall to the other side, 2 times to each side.
- **Wrists** - with arms at the side, bend elbows, rotate each wrist, 2 times.
- **Shoulders** - raise each arm up to about chest high and lower, 2 times.
- **Neck** - move your head side to side, 2 times.

If you can't move any of your joints or body parts due to pain, or you can not get into an upright, seated or standing position, because of pain, get help immediately by **calling 911**.

*Always Body Check from Bottom to Top*

# FALL SAFETY WALLET CARD

Fold Line  
↓

[This side is the Inside of the Card]

**WHAT TO DO BEFORE YOU GETUP**


**If you're safe, not bleeding, & conscious:**

- ✓ Take a few SLOW DEEP breaths in - to calm yourself
- ✓ Roll to your BACK - if you can't **CALL 911**
- ✓ Verbalize you're going to do a body check for injuries

- Always BODY CHECK for injuries before getting up
- DON'T RUSH - Do each movement 2 times
- BODY CHECK from Bottom to Top after a fall

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1. **Ankles** - point, flex, & roll each ankle
2. **Knees** - bend 1 knee, foot on the ground. Slide that foot out & in - bending & straightening your knee
3. **Hips** - alternate bringing 1 knee to your chest & back down
4. **Lower Back** - bend knees, feet on the ground. Let both knees fall to one side, then the other side
5. **Wrists** - arms at your side, bend elbows then rotate wrists
6. **Shoulders** - raise 1 arm, shoulder high, lower & switch arms
7. **Neck** - move your head carefully from side to side



This Fall Safety Card is provided by Agile 4 Life Fitness - Premium Online Fitness for Seniors creator of *Standing Strong - A Seniors Guide to Fall Prevention*

for more information:  
Visit: [agile4lifefitness.com](http://agile4lifefitness.com) or  
<https://standingstrong.my.canva.site/>  
Email: [info@agile4lifefitness.com](mailto:info@agile4lifefitness.com)

Agile 4 Life Fitness, LLC  
McMinnville, OR 97128



[This side is the Outside of the Card]


Fold Line →

**What to Do if You Fall**

**Call 911:**

- If you can't breath or you're bleeding
- If you can't move without sharp pain
- If you fall and you're not in a safe place
- If you were unconscious

**Next** →



To make this into a card to carry in your wallet -

1. Print this page.
2. Cut out around the outside - **don't** cut the sides apart.
3. Fold in the center at the solid line - printed sides facing out.
4. Tape the sides. It will now be 4" x 3 1/2".
5. Fold on the dotted line to make the size 2" x 3 1/2".

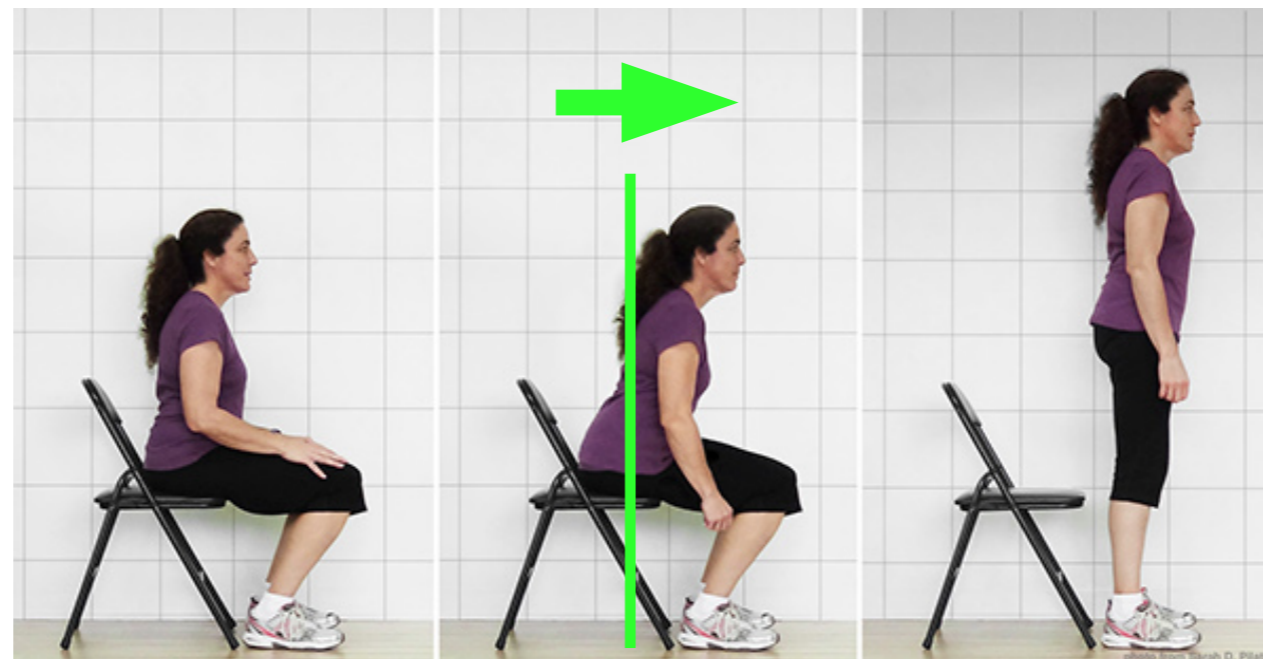
Refrigerator Card at: <https://agile4lifefitness.punchpass.com/content-library/184533>

# HOW TO GET UP FROM A FALL - USING YOUR BODY WEIGHT

Posture is one of the over 200 risk factors that make a fall more likely. When shoulders no longer rest in proper alignment and they become rolled too far to the front, it causes the center of gravity to change on the entire body. Thus shifting the whole body too far forward.

While this is not ideal for everyday life, this is the perfect setup to help you move yourself up into a chair or bench and up off the floor. This will also help make it easier for anyone who is helping you up off the floor.

The thing to keep in mind (so this technique will work) is, **your body will follow your shoulders.** Lean your shoulders out in front of your hips and you'll find it's much easier to lift or pull yourself up.



# STRAIGHT LEG CROSSOVER - USING BODY WEIGHT ONLY

If there is nothing around that you can use to get yourself up, use the **Straight Leg Crossover**. This does require some arm strength to help stabilize you but does not put pressure on the knees.

- Sit in an upright position on the floor or ground, both legs out in front of you.
- Cross one leg over, keeping the bottom leg straight. Try to put the foot of the top (crossed) leg flat on the ground/floor.
- Place both hands close to the hip of the straight leg side (bottom leg).
- Shift your weight and lean your shoulders forward using arms to balance you as you lift yourself and twist your hips to face the floor/ground.
- You're now on all 4's with your palms and feet on the floor. (Step 4)
- Walk your feet up so you feel more balanced and raise yourself to standing.



## Step 1



## Step 2



## Step 3



## Step 4

## 4 FLOOR MOVES

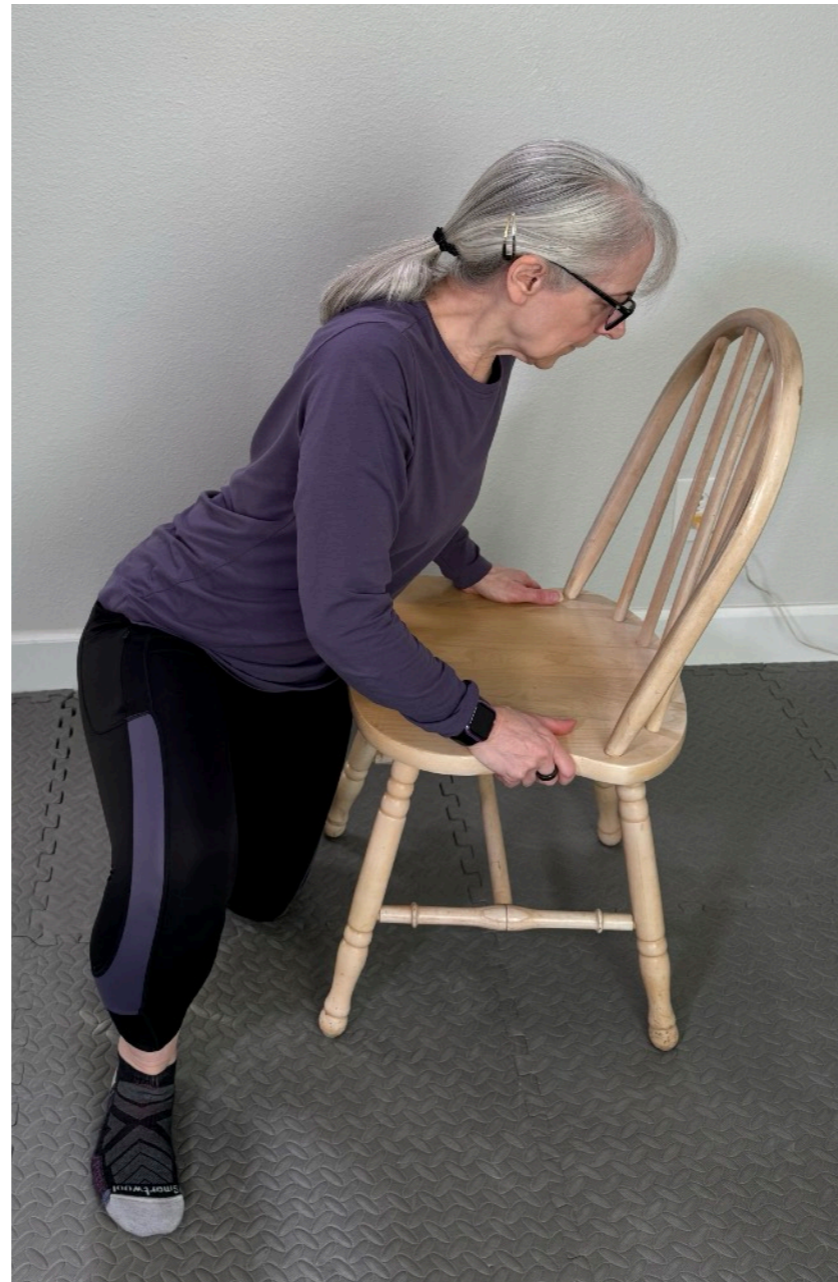
1. 'Bear Crawl' - Done on all 4's, if your knees can handle the pressure.
2. 'Glute Scoot' - Sit upright, legs in front, knees bent, with a hand on each side of your hip. Either slide front or back, lifting or rocking your glutes, hips, and legs across the floor, balancing with your arms.
3. 'Side Slide' - Same position as above, move to the side instead of front or back. This uses more arm strength to slide.
4. 'Commando Crawl' - Lay with stomach on the floor, bending your arms to 90°, placing your forearms and palms on the floor close to your torso. Lift your shoulders and chest slightly off the floor. Dig your toes and arms into the floor to push you forward. Using an opposite foot and arm works best for forward movement.



## ONE KNEE PROPOSAL LIFT - USING KNEES



Get to a chair or something chair high. Put a hip close to chair front. Turn your upper torso and hold onto the sides of the chair.



Bring the outside leg up and place your foot on the floor like you're making a proposal. Lean your shoulders forward.



Press yourself up with your arms and then with your legs to get you to a standing position.

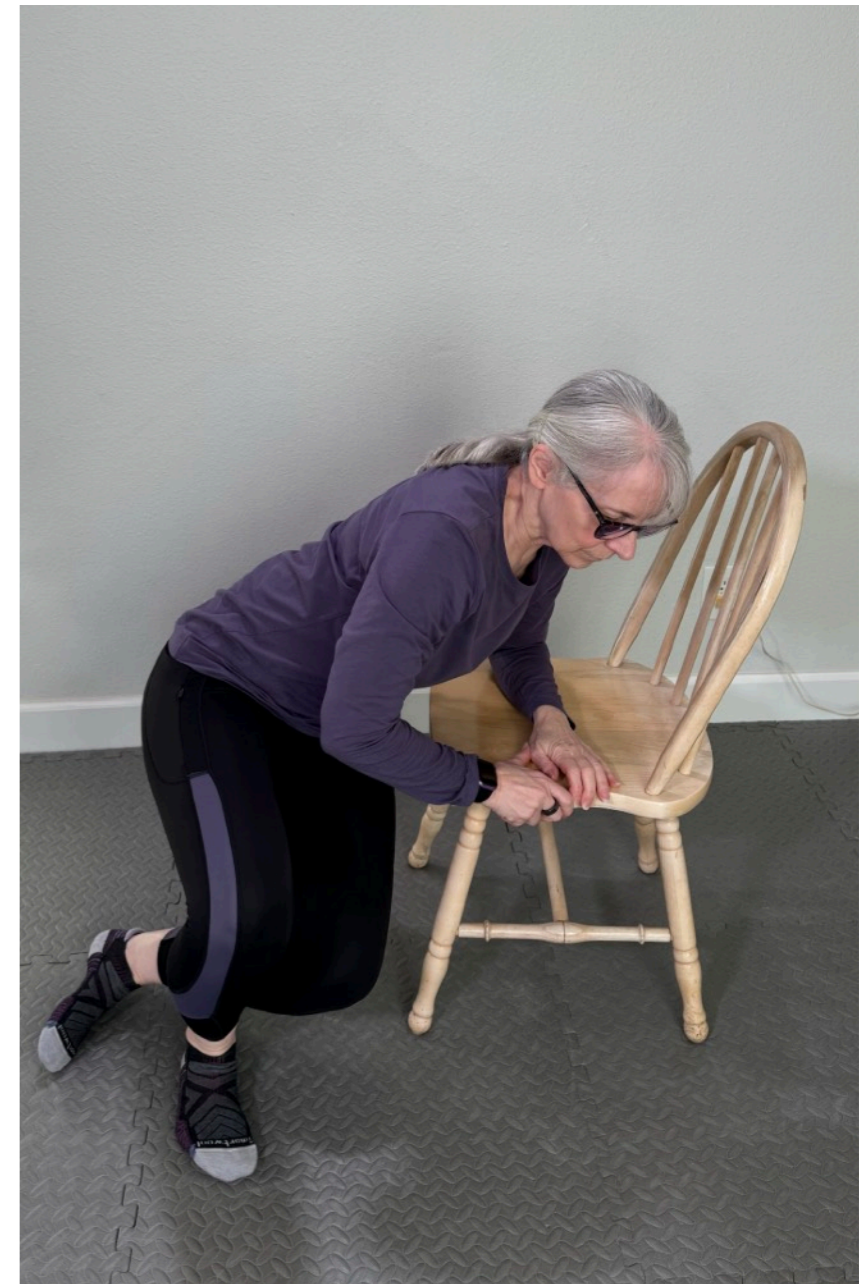
# LEG TUCK LIFT - NOT USING KNEES



Sit close & sideways to a chair. Lay your arm across the seat. Pull the ankle of the leg closest to the chair toward you, like you're going to sit crossed-legged.



Bend the knee of the other leg, furthest from the chair, by sliding the foot across the floor and bringing it as close to the tucked leg as you can.



Grab the outside edge of the chair with the arm furthest from the chair. Lean your body toward the chair, shifting your body weight over your legs.

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**Was This  
Information Helpful  
to YOU?**

**Feel Free to Share...**

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**Are you truly ready  
to decrease  
your risk of falling?**

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**Are you ready  
to live your life with  
less fear of falling?**

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**Would you like to  
stop missing out on  
the things in your life  
that bring you joy?**

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- 
- ✓ **Are you still able to play with your grandchildren?**
  - ✓ **Have you stopped traveling or taking vacations?**
  - ✓ **Are you missing social events, graduations, and birthdays?**
  - ✓ **Have you stopped gardening or doing other pleasurable hobbies?**
  - ✓ **Have you stopped having fun?**
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**Do you fear that  
the next fall  
could rob you of your  
independence or worse?**

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**Are you prepared  
to handle the   
 financial costs if  
you're injured in a fall?**

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# THE COST of FALLING

On average...



## REMEMBER

1 out of every 5 falls will cause a broken bone or a head injury.

- ✘ The cost of treating a fall is **\$30,000**.
- ✘ The cost of in-home care **\$4,500** per month.
- ✘ The cost of nursing home care **\$105,850** per year.
- ✘ The cost of an assisted living center **\$51,600** per year.
- ✘ The cost to modify your home to help you prevent a fall **\$3,000 to \$15,000**.

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**What if you could  
REVERSE  
your risk of falling  
in just 12-Weeks?**

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# WOULD YOU TRY

## To Reduce Your Fall Risk if...



Because **Falls** are the leading cause of both fatal and nonfatal injuries for seniors.

- ✗ You could do it the comfort of your own home?
- ✗ It was an easy-to-follow program & PROVEN to work?
- ✗ That you don't need any big expensive equipment?
- ✗ It was **life changing** — improving your strength and balance while actually helping relieve pain and stiffness?

**Exactly what I was looking for ...**

**The simplicity of living (stronger)  
in a straightforward set of movements...**

**I needed it to be simple to understand ...**

**...without weights or needing a gym...**

**...a great program and easy to engage in...**

**Not just an exercise routine!**

*B. Cook - Berkeley, CA 2024*

# Standing STRONG

A Seniors Guide to Fall Prevention

SMALL GROUPS - 10 SPOTS MAX

RESERVE YOUR SPOT



[info@agile4lifefitness.com](mailto:info@agile4lifefitness.com)

A 12-Week, Live Online Group Program offering **Guaranteed Results.**

Wipe out years of weakness & inactivity with 7 easy, age-appropriate moves proven to get you stronger & improve your balance.

Regain confidence, feel more energetic & look younger as you begin to WANT to be more active.

It's balance training made easy & strength training that will actually help relieve pain and stiffness.

# Standing **STRONG**

- ◆ 2 Live 45-Minute Sessions per Week for 12-Weeks from a sought after experienced certified personal trainer with over three decades of experience in strength training. (**\$2,280 Value**)
- ◆ Group Meetings Live Over Zoom so you save travel time, parking and transportation costs. Plus, you'll be with a community of like-minded, no judgement seniors with the same fears and goals. (**\$20+ Value**)
- ◆ A fully illustrated e-book with all the training techniques, movements, routines, and other valuable information covered in the program which is proven to improve your strength and balance. (**\$40 Value**)
- ◆ A Set of 3 TheraBand™ Non-Latex Professional Resistance Bands cut to a custom length so you can easily improve your overall muscle strength without stressing stiff and painful joints. (**\$30 Value**)
- ◆ Regain your confidence, knowing you're stronger and more stable, feeling more energetic, all with less pain so you can enjoy the life you envisioned—traveling or spending quality time with friends and family. (**Priceless**)

**Total Value: \$2370.00**

Price  
Below

# STOP PUTTING YOUR LIFE ON HOLD!

For less than \$7.00 a day

You can join the most comprehensive fall prevention program available anywhere.

Sign-up **TODAY** so you can regain your...

- ★ Confidence
- ★ Balance
- ★ Energy
- ★ Strength
- ★ Your Life!

ALL FOR ONLY

**\$795.00**

OR 3 MONTHLY  
PAYMENTS OF \$299



Click NOW  
To sign-up,  
Get more info,  
Reserve a spot