Staying Independent Checklist

Please Circle "Yes" or "No" for each statement below

I have fallen in the last 6 months		
Recommendation: Learn more on how to reduce your fall risk, as people who have fallen are more likelyto fall again.	**Yes (2)**	**No (0)**
I use or have been advised to use a cane or walker to get around safely.		
Recommendation: Talk with a physiotherapist about the most appropriate walking aid for your needs.	**Yes (2)**	**No (0)**
Sometimes, I feel unsteady when I am walking.		
Recommendation: Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.	**Yes (1)**	**No (0)**
I steady myself by holding onto furniture when walking at home.		
Recommendation: Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.	**Yes (1)**	**No (0)**
I am worried about falling.		
Recommendation: Knowing how to prevent a fall can reduce fear and promote active living.	**Yes (1)**	**No (0)**
I need to push with my hands to stand up from a chair.		
Recommendation: Strengthening your muscles can reduce your risk of falling and being injured.	**Yes (1)**	**No (0)**
I have some trouble stepping up onto a curb.		
Recommendation: Daily exercise can help improve your strength and balance.	**Yes (1)**	**No (0)**
I often have to rush to the toilet.		
Recommendation: Talk with your doctor or incontinence specialist about solutions to decrease the need to rush to the toilet.	**Yes (1)**	**No (0)**

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I have lost some feeling in my feet.	
Recommendation: Talk with your doctor or podiatrist, as numbness in the feet can cause stumbles and falls.	**Yes (1)** **No (0)**

I take medicine that sometime makes me feel light-headed or more tired than usual.	
Recommendation: Talk with your doctor or pharmacist about medication side effects that may increase the risk of falls.	**Yes (1)** **No (0)**

I take medicine to help me sleep or improve my mood.	
Recommendation: Talk with your doctor or pharmacist about safer alternatives for a good night's sleep.	**Yes (1)** **No (0)**

I often feel sad or depressed.	
Recommendation: Talk with your doctor about symptoms of depression and help with finding positive solutions.	**Yes (1)** **No (0)**

Add up the number of points in parentheses for each "yes" response. • If you scored 3 or less and HAVE NOT fallen, you are at low risk of falling. • *If you scored 3 or less and HAVE fallen in the last year, you may be at risk of falling. • If you scored 4 points or more, you may be at risk for falling. • Discuss this checklist with your doctor to find ways to reduce your risk.	**Total:**

The above checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Vivrette, Rubenstein, Martin, Josephson & Kramer, 2011).

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Home Safety Checklist

General Safety	☐ Always keep a portable phone, call alert system, or cell phone with you or within easy reach, inside and outside your home.
	☐ Move frequently used items so they are easy to reach without bending too low or stretching. Store heavier items in lower cupboards. Ask for help to access items in high places. If necessary, use a step stool with a safety handle or use a reaching tool.
	☐ Avoid walking while looking at your cell phone.
Moving Around Your Home	☐ Use sturdy chairs that have armrests and are at a height that is easy for you to get on and off.
	☐ If you get dizzy standing up too quickly, lift your heels up and down for 15-30 seconds before you stand up to increase your circulation and stand up slowly.
	☐ Wear well-fitting slippers or shoes with a non-slip sole and laces or hook and loop (Velcro) closure.
Pets	☐ If you have pets, use caution when moving around your house and bending down to feed or care for them. Put a collar with a bell on your pet so they can be heard if they are nearby.
	☐ If your pet pulls on a leash consider letting them free in the yard, take them to an off-leash park, use a walking service, or ask for help from family/friends/neighbours.

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Lighting	☐ Improve the lighting around your home. Add extra light fixtures and use bulbs of at least 75 watts. Contact your local hardware store for options.
	☐ Use lighting to guide you to the bathroom at night. Night lights that come on automatically when it gets dark, or motion-sensor lights are recommended.
	☐ Install a light switch at the top and bottom of the stairway or a sensor light that comes on automatically.
	☐ Have a light within reach of your bed.
	☐ Use lightweight curtains or blinds on windows to prevent glare on sunny days.
Floors	☐ Move furniture so that your path through a room or hallway is clear and there is space to easily use a walking aid.
	☐ Remove throw rugs or use double-sided tape or a special non-slip backing.
	☐ Pick up papers, books, shoes, boxes, or other things that are on the floor.
	☐ Coil or tape wires next to the wall. Have an electrician install another power outlet, if needed.
	☐ Wipe up any spills immediately to avoid slipping.

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Stairs	☐	Ensure all steps and stairs have at least one sturdy handrail.
	☐	Ensure step treads have a non-slip coating and step edge is easy to see by painting or adding an adhesive strip with a contrast colour along the front edge of the step.
	☐	Fix loose, broken, or uneven steps.
	☐	Ensure gait aid is used appropriately, walkers are not intended for use on stairs.
Bathrooms	☐	Use a rubber mat or non-slip strips in the tub and/or shower.
	☐	Use secured grab bars inside of the tub/shower and next to the toilet. Consider having a shower chair in the shower stall. If you shower in a bathtub, consider using a bathtub transfer bench to avoid having to step over the edge of the tub.
	☐	If you have trouble getting on and off the toilet, consider an elevated toilet seat or a higher toilet.
	☐	Keep soap, shampoo, and towel within easy reach.
Bedrooms	☐	Ensure the height of the bed is easy to get in and out of. Consider a bed assist handle to help with transfers.
	☐	Keep your walking aid within reach of the bed.

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Outside	☐	Ensure paths around the house are in good repair and free of clutter (e.g., no cracked / loose pathways, loose gravel, overgrowing plants / weeds, overhanging trees, or garden hoses on walkways, or seasonal hazards such as wet leaves, ice, or snow).
	☐	Ensure outdoor stairs have a sturdy railing, non-slip strips and are kept free of snow, ice and clutter.
	☐	For pruning trees or tall bushes, gardening, or installing seasonal lights opt for long handled tools instead of ladders.
	☐	Ask or hire someone to do work that requires use of ladders or access to roofs.

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STrength And Balance for Life (STABL) Overview Handout

Introduction

Welcome to **ST**rength **A**nd **B**alance for **L**ife (STABL)

What is it?

STABL is a set of activity resources. It was created to support your well-being, independence and reduce your risk of falling by improving your strength and balance. STABL includes:

- Strength and balance home activities in 3 levels (sit, stand, move).
- Goal setting information.
- Tracking sheet to record your progress.

Why is it important?

Although they are common, falls are not a normal part of aging, they are preventable. As you age, you can lose strength and your reflexes may slow down, which can make you more likely to fall. One in three older adults living in the community fall every year in B.C., and falls can result in serious injury and loss of independence. The good news is, you can lower your risk of falling by doing activities that improve your strength and balance, such as STABL. The Canadian 24-Hour Movement Guidelines recommend that adults do strength activities for all major muscle groups at least 2 times a week. For those 65 and older, daily balance activities are also recommended.

How will it help me?

Other benefits of exercise include improving your function, mood, energy, and memory. This means you may...

- ✓ Be able to do things you enjoy such as being outside with friends or family, playing with your grandchildren, attending a class or event, or other recreational activities.
- ✓ Feel happier and have more energy.
- ✓ Be able to think clearly and remember things like names and appointments.
- ✓ Stay independent longer, such as doing your own household chores, personal care, grocery shopping and continuing to live comfortably in your community.

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Safety

Is it safe to start exercise?

STABL is designed to be safe and easy to adapt to your abilities- it's designed for everyone. Your body is meant to move regularly but being active has risks and it is your responsibility to make choices that keep you safe. Not moving your body regularly is risky as well. Being inactive is linked to many long-term health conditions and has an increased risk of falls.

There are some reasons you may benefit from a more individualized activity plan or additional guidance before increasing or starting a new activity, such as if:

- You have had a serious medical incident in the past 6 months (for example: surgery, heart attack, loss of consciousness).
- You have shortness of breath at rest or dizziness during activity.
- You have spinal or compression fractures or bone lesions.

If any of these are true for you or if you aren't sure if it is safe for you to start exercising, contact a health professional such as a doctor. You can also call HealthLink BC to speak with a qualified exercise professional for free. Dial 811 (or 711 for the hard of hearing) between 9:00 AM and 5:00 PM Pacific Time, Monday to Friday. The STABL resources do not replace medical advice.

Exercising with a Health Condition or Symptoms

Most older adults have at least one long-term health condition. You can still safely exercise if you have a health condition. In fact, exercise can often help manage your condition, but be sure to follow these safety suggestions. If you...

- Have diabetes: manage your blood sugar, avoiding symptoms like dizziness.
- Have muscle spasms or weakness (for example due to Parkinson's): always do standing and walking activities beside a counter.
- Experience shortness of breath (for example, as a symptom of chronic obstructive pulmonary disease (COPD) or asthma): take breaks between activities or do small amounts of each activity more frequently, so you do not make your symptoms worse.
- Have dizziness spells or vertigo: go slow and always do the standing and walking activities beside a counter.
- Have numbness or tingling in your feet: always do the standing and walking exercises beside a counter.
- Have high or low blood pressure: change positions slowly to give your body time to adjust.
- Have difficulty with memory or doing complex tasks: always do the standing activities with a helper and beside a counter.

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Choosing a STABL Level: Sit, Stand or Move?

Where to start?

Exercises from each level will result in many health benefits to you. Answer the questions below to help you decide the best, most comfortable and safe level for you right now.

Question 1. Do you use a wheelchair for most of your daily activities?

- Yes → start with Level 1: Sit.
- No → go to the next question

Question 2. Do you need to hold onto a sturdy surface or other mobility support to stand for 30 seconds?

- Yes → start with Level 1: Sit.
- No → go to the next question

Question 3. Can you walk to the other end of the room and back with or without support (including a cane or walker)?

- No → start with Level 1: Sit. (If these are too easy, try some Level 2 activities)
- Yes → start with Level 2: Stand.

None of the questions above suggest I start in Level 3: Move. Why?

- Level 3 is more complex and requires standing and moving activities with minimal hand support on sturdy surfaces. Once you can complete all the activities in the Level 2 without holding onto a counter or mobility aid, then it is likely safe for you to move on to Level 3.

If you are still not sure what level of activities to start with you can call HealthLink BC at 8-1-1.

Additional Resources

For more information and resources on preventing falls you can look at B.C.'s fall and injury prevention website, Finding Balance BC. On this site you will find videos of the STABL activities in all 3 levels.

Finding Balance BC

Website: https://findingbalancebc.ca/

To speak to a qualified exercise professional, you can contact HealthLink BC.

HealthLink BC

Phone: Dial 8-1-1 (or 7-1-1 for the deaf and hard of hearing) between 9:00 AM and 5:00 PM Pacific Time, Monday to Friday.

Email: Email a Qualified Exercise Professional | HealthLink BC

Website: Physical Activity Services | HealthLink BC

Other fall prevention resources:

- HealthLink BC webpage on preventing falls: Preventing Falls | HealthLink BC
- BC Government webpage on fall prevention: Fall Prevention - Province of British Columbia
- Active Aging Network resource: Exercise is one of the keys to preventing falls.pdf
- Osteoporosis Canada: https://osteoporosis.ca/
- Arthritis Society: https://arthritis.ca/
- Exercise Is Medicine: Physical Activity for Older Adults 2021.pdf
- Canadian 24-Hour Movement Guidelines: Adults 65+ 24-Hour Movement Guidelines

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STrength And Balance for Life (STABL)
Goal Setting Worksheet

Why are you doing this? What is important to you?

When making any lifestyle change, it can be meaningful and helpful to ask yourself *"why am I doing this?"* and *"what is important to me?"*. Perhaps you'd like to be able to participate in family gatherings or events, go grocery shopping independently or maybe you want to participate in an event this year. Take a moment to reflect on these questions and write down some initial thoughts.

It is important for me to get stronger because...

Goals:

Now that you've reflected on what is important to you, ask yourself how STABL could help you to participate in these activities. Use the STABL worksheet below to write down 1-2 goals and to start thinking through how you will achieve them.

Try to make your goals S.M.A.R.T:

- **S**pecific (what exactly do you want to be able to do)
- **M**easurable (how will you track your progress)
- **A**ttainable (what is realistic for your timeframe)
- **R**elevant (why is your goal important to you)
- **T**ime-bound (when will you reach your goal)

It is important to know that any progress toward your goal(s) is good progress!

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Example:

Alex's goal is to be able to get down to the floor and back up again on their own so they can play with their grandkids. Alex thinks it's realistic to achieve this goal in 3-4 months. To achieve this goal, Alex is going to focus on building whole body strength by doing their STABL activities 3 times per week.

Example:

Kajal's goal is to feel steadier and more confident while doing household activities, such as putting away their groceries and tidying their workshop. They think this is realistic to achieve by their birthday, which is in 1 month. To achieve this goal, Kajal will focus on the STABL balance activities every day. They will know they have achieved their goal when they need less rest and support as they move around.

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WORKSHEET

What is your goal? What would you like to be able to do?

For example: go for a walk, roll or hike to connect with and spend time in nature with family or friends, work in the garden, dance at a wedding or cultural event.

What steps will you take to achieve your goal?

For example: perform your exercise program a certain number of times, do balance exercises every morning, go for a short walk every day.

1. _____

2. _____

3. _____

How will you measure your progress?

For example: number of blocks you can walk or wheel, balance time, repetitions of exercise.

What is your timeframe for achieving your goal?

For example: 1 month, 6 months, by your next birthday

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Who can support you to reach your goals?

Is there anyone who can join you in increasing their physical activity, or cheer you on?

How do you think you'll feel when you achieve your goal?

It is normal to have barriers when starting a new habit. What are some challenges that might come up for you? How can you make sure you can continue to work towards your goal?

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STrength And Balance for Life (STABL)
LEVEL 1 — SIT

These activities will help improve your strength and balance and lower your risk of falling and injury. **Start slowly and work up to doing these activities every day.**

To make sure you are starting with the best level for you, see the STABL Overview and Instructions handout.

If you have any questions, call HealthLink BC at 811 to talk to an exercise professional.

ADVICE

Get ready

- You will need a sturdychair and table
- Have a phone or alert system close by in case you need help
- Wear comfortable clothing and closed toe/heel shoes with non-slip soles

Start all activities by sitting tall in your chair:

- Feet flat on the floor
- Reach the top of your head towards the ceiling

Breathe

- Make sure you are taking nice slow breaths during all activities

Rest

- Take breaks between activities if you need to

Stop

- Stop if you have new or more pain. If you have sudden chest or back pain or cannot breathe, call 911.

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ACTIVITIES

1) Slow marching

- Sit tall for 4 to 6 seconds or 3 slow breaths
- Try to sit away from the back and sides of the chair

- Lift one foot off the floor, then the other foot, like you are slowly marching
- Lift each foot 4 to 6 times

- Try not to lean back

For a challenge

- Try pausing with one foot off the ground for 4 to 6 seconds
- Try swinging your arms, like you are walking

- Try pausing with one foot off the ground for 4 to 6 seconds

- Try swinging your arms, like you are walking

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2) Heel and toe lifts

- **Sit tall**

- **Lift both heels off the floor and hold for 3 seconds**
- **Bring your heels back down**

- **Lift your toes off the floor and hold for 3 seconds**
- **Bring your toes back down**
- **Do this 4 to 6 times**

For a challenge

- **Try 8 to 12 times**
- **Try pressing your hands into your thighs**

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3) Reach and row

- **Sit tall**
- **Reach both arms in front of you, palms up**

- **Pull elbows back keeping them by your sides**
- **Keep shoulders down**
- **Do this 4 to 6 times**

For a challenge

- **Try 8 to 12 times**
- **Try reaching arms higher and wider to start**

- **Try reaching arms higher and wider to start**

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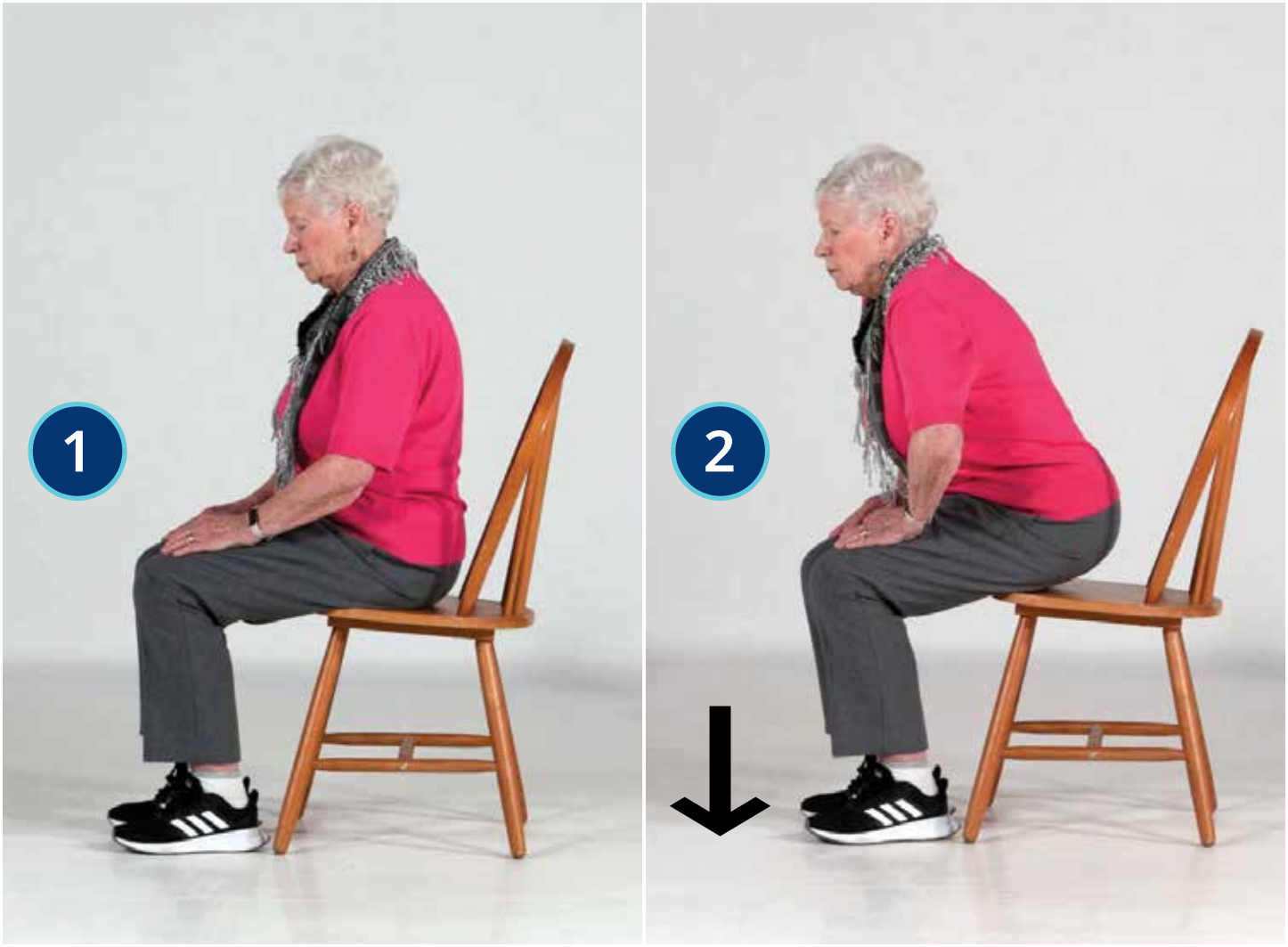
4) Prepare to stand



- **Sit tall**
- **Press both feet firmly into the floor, as if you are going to stand up**
- **Keep pressing for 3 seconds then relax**
- **Make sure you keep breathing**
- **Do this 4 to 6 times**

For a challenge

- **Try 8 to 12 times**
- **Try pressing your feet down enough to lift your body off the chair**

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5) Side step

- **Sit tall**

- **Step one foot to the side, like you are stepping over a puddle**
- **Press your foot firmly into the floor**

- **Step back to the start position**

- **Do this with the other foot**
- **Do this 4 to 6 times with each foot**

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For a challenge

- **Try 8 to 12 times**
- **Try stepping faster**
- **Try stepping to the front, side, and back, like you are tap dancing**

- **Try stepping to the front, side, and back, like you are tap dancing**

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6) Straight leg and stretch

- Sit tall

- Slowly straighten one knee, lifting your foot off the floor
- Pull your toes towards your nose
- Try not to lean back

- Bring your foot back to the floor
- Do this with the other leg
- Do this 4 to 6 times each leg

For a challenge

- Try 8 to 12 times with each leg
- Try holding your foot up to draw 3 circles in the air with your toes

- Try holding your foot up to draw 3 circles in the air with your toes

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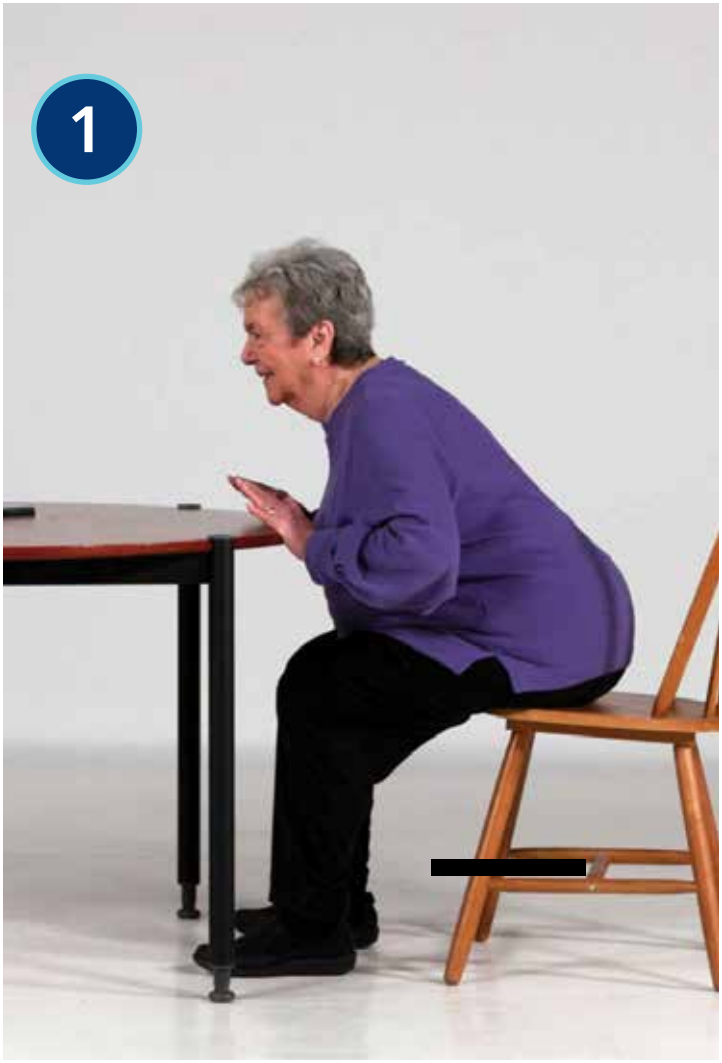
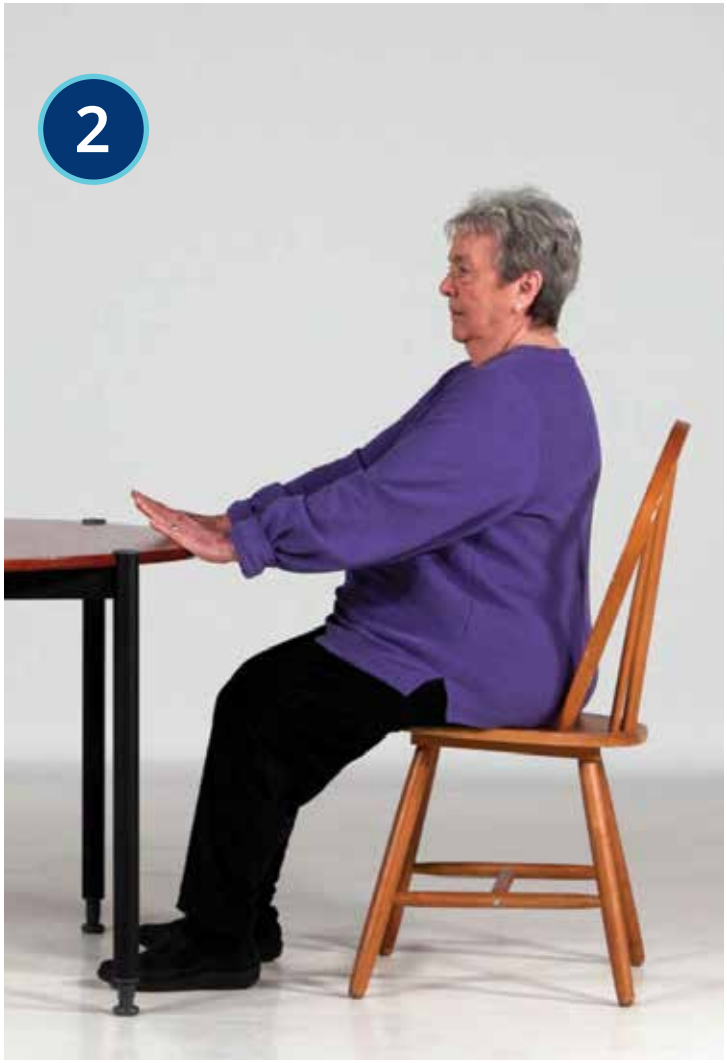
7) Arm push





- **Sit tall with a sturdy table in front of you**
- **Put both hands on the table with straight arms**
- **Bend your arms to bring your chest to the table**

- **Push away from the table and straighten your arms**
- **Keep your back straight and shoulders down**
- **Do this 4 to 6 times**

For a challenge

- **Try 8 to 12 times**
- **Try doing this slower**

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Next Steps

If you can complete all the activities in Level 1 and are able to stand for 30 seconds with or without support then you can move on to Level 2. Level 2 activities are done standing at the counter with hand support.

Go to **www.findingbalancebc.ca**
for the Level 2 activities and more resources.

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STrength And Balance for Life (STABL)
LEVEL 2 — STAND

These activities will help improve your strength and balance and lower your risk of falling and injury. **Start slowly and work up to doing these activities every day.**

To make sure you are starting with the best level for you, see the STABL Overview and Instructions handout.

If you have any questions, call HealthLink BC at 811 to talk to an exercise professional.

ADVICE

Get ready

- You will need a counter and a sturdy chair
- Have a phone or alert system close by in case you need help
- Wear comfortable clothes and closed toe/heel shoes with non-slip soles

Start all activities by standing tall with both hands on a counter for support

- Feet shoulder distance apart
- Reach the top of your head towards the ceiling

Breathe

- Make sure you are taking nice slow breaths during all activities

Rest

- Take breaks between activities if you need to

Stop

- Stop if you have new or more pain. If you have sudden chest or back pain or cannot breathe, call 911.

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ACTIVITIES

1) Heel and toe lifts

- Stand tall with both hands on the counter

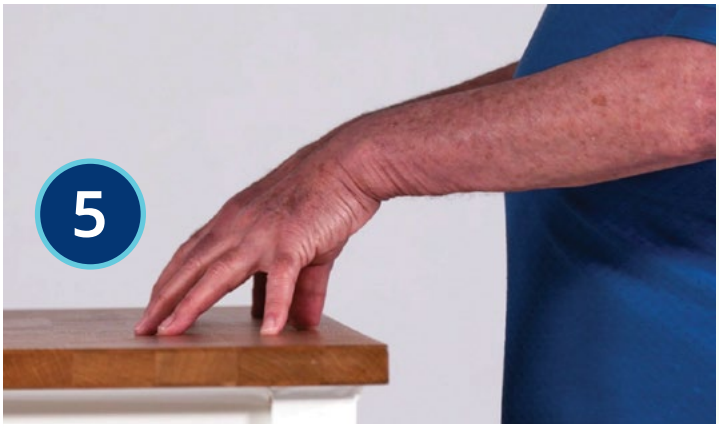
- Lift both heels off the floor and hold for 3 seconds
- Bring your heels back down
- Do this 4 to 6 times

- Lift toes of one foot off the floor and hold for 3 seconds
- Bring toes back down

- Do the toe lift with the other foot
- Do this 4 to 6 times with each foot

For a challenge

- Try 8 to 12 times
- Try holding for longer
- Try using only your fingertips or one hand for support



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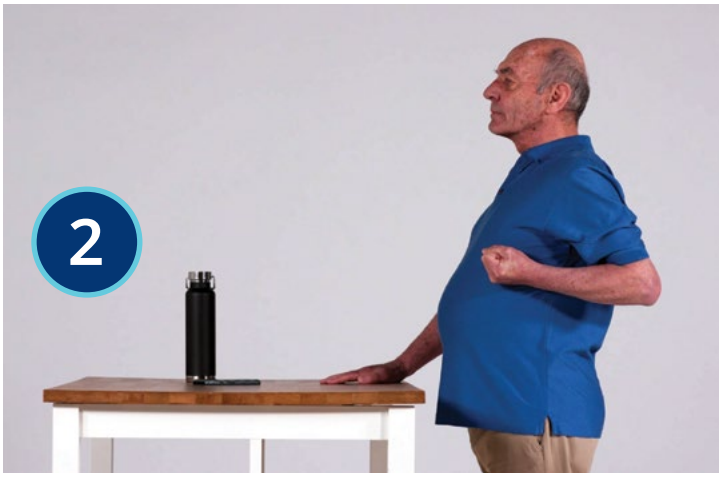
2) Reach and row

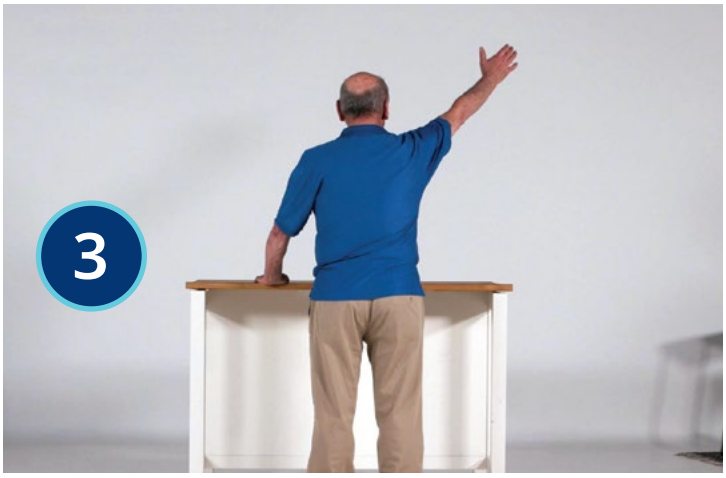
- Stand tall with one hand on the counter
- Reach the other arm out in front of you, palm up

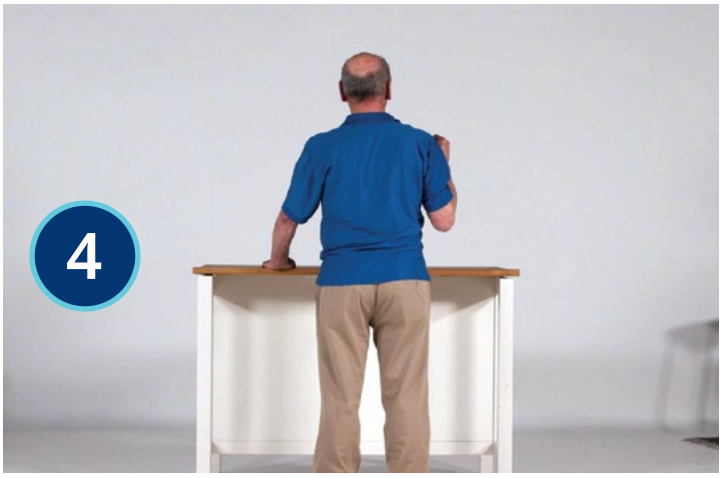


- Pull elbow back keeping it by your side
- Keep your shoulder down
- Do this with the other arm
- Do this 4 to 6 times with each arm

For a challenge

- Try 8 to 12 times
- Try reaching your arm higher and wider to start
- Try using only your fingertips for support





- Try reaching your arm higher and wider to start

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3) Side step back step

- Stand tall with both hands on the counter

- Step one foot to the side, like you are stepping over a small puddle
- Press your foot firmly into the floor

- Step your foot to the start position

- Step your foot behind you and press it firmly into the floor
- Step your foot to the start position
- Do this with the other foot
- Do this 4 to 6 times with each foot

For a challenge

- Try 8 to 12 times
- Try stepping faster, like you are dancing
- Try using only your fingertips or one hand for support

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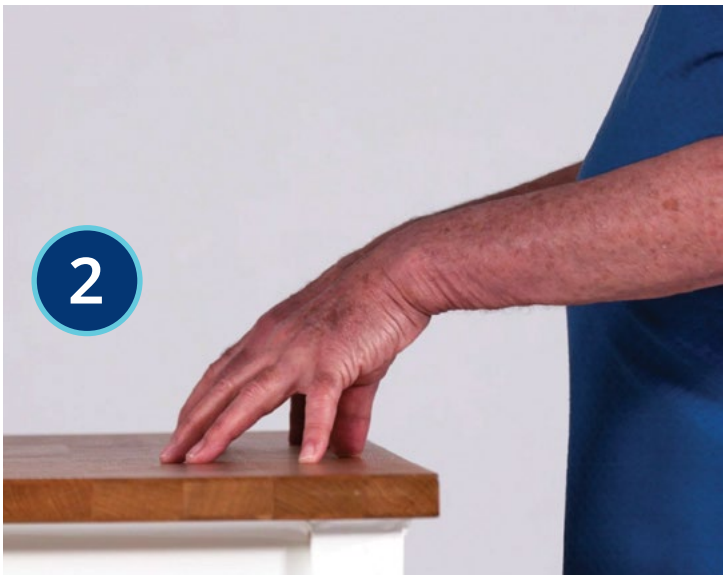
4) Balance on one leg

- **Stand tall with both hands on the counter**
- **Bend one knee to lift your foot behind you**
- **Hold for 4 to 6 seconds or 3 slow breaths**
- **Balance on the other foot**

For a challenge

- **Try balancing for longer**
- **Try using only your fingertips or just one hand for support**



- **Try using only your fingertips or just one hand for support**

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5) Arm push

- **Stand tall facing the wall**
- **Put both hands on the wall at shoulder height with straight arms**

- **Bend your arms to bring your chest towards the wall**

- **Push away from the wall and straighten your arms**
- **Keep your back straight and shoulders down**
- **Do this 4 to 6 times**

For a challenge

- **Try 8 to 12 times**
- **Try doing this slower**

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6) Arm push
Option 2—Chair with armrests

- **Sit tall in a chair with feet flat on the floor**
- **Put your hands on the chair armrests**

- **Push down to try and straighten your arms**
- **Keep shoulders down**

- **Lower yourself into the chair**
- **Do this 4 to 6 times**

If you don't have a chair with armrests, use the counter ➔

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7) Sit to stand

- **Sit tall in a chair with both feet on the floor**

- **Lean forward with a straight back**

- **Push down with both feet to stand up**
- **Slowly lower your hips back and down to sit**
- **Make sure you keep breathing**
- **Do this 4 to 6 times**

For a challenge

- **Try 8 to 12 times**
- **Try sitting slower**

Sore knees?

- **Put folded towels or blankets on the chair seat to make it higher**
- **Try using your arms for support**

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8) Calf stretch

- **Step one foot behind you**
- **Make sure your toes point forward**

- **Bend your front knee to feel a stretch in your back leg**
- **Hold for 4 to 6 seconds or 3 slow breaths**

- **Bend your back knee slightly to feel the stretch move lower**
- **Hold for 4 to 6 seconds or 3 slow breaths**
- **Switch legs**

For a challenge

- **Try holding longer**
- **Try using only your fingertips or one hand for support**

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Next Steps

If you can complete all the activities in Level 2 without holding on to a counter, then you can move on to Level 3. Level 3 is more challenging and includes standing and moving activities.

Go to **www.findingbalancebc.ca**
for the Level 3 activities and more resources.

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STrength And Balance for Life (STABL)
LEVEL 3 — MOVE

These activities will help improve your strength and balance and lower your risk of falling and injury. **Start slowly and work up to doing these activities every day.**

To make sure you are starting with the best level for you, see the STABL Overview and Instructions handout.

If you have any questions, call HealthLink BC at 811 to talk to an exercise professional.

ADVICE

Get ready

- You will need a counter and a sturdy chair
- Have a phone or alert system close by in case you need help
- Wear comfortable clothes and closed toe/heel shoes with non-slip soles

Start all activities by standing tall beside a counter

- Feet shoulder distance apart
- Reach the top of your head towards the ceiling
- If you need support, put one hand on the counter
- As you get more comfortable, try to use only your fingertips for support

Breathe

- Make sure you are taking nice slow breaths during all activities

Rest

- Take breaks between activities if you need to

Stop

- Stop if you have new or more pain. If you have sudden chest or back pain or cannot breathe, call 911.

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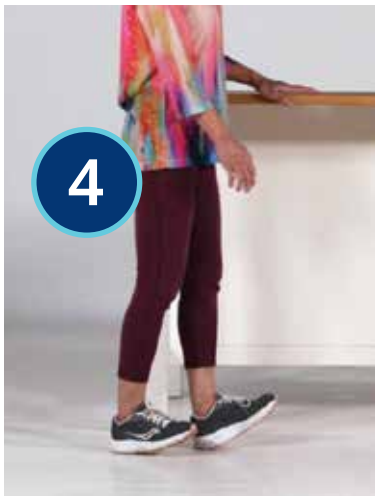
ACTIVITIES

1) Toe walking and heel walking

- Stand tall with one hand on the counter

- Take 4 to 6 steps forward on your toes



- Stand on your heels without leaning forward

- Take 4 to 6 steps forward on your heels

For a challenge

- Try 8 to 12 steps
- Stay on your toes or heels to turn around
- Try taking a few steps backwards on your toes or heels

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2) Reach and row

- **Stand tall beside the counter**

- **Reach both arms out in front of you, palms up**

- **Pull elbows back keeping them by your sides**
- **Keep your shoulders down**
- **Do this 4 to 6 times**

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For a challenge

- Try 8 to 12 times
- Try reaching your arms higher and wider to start
- Try walking forward as you reach and row

- Try reaching your arms higher and wider to start

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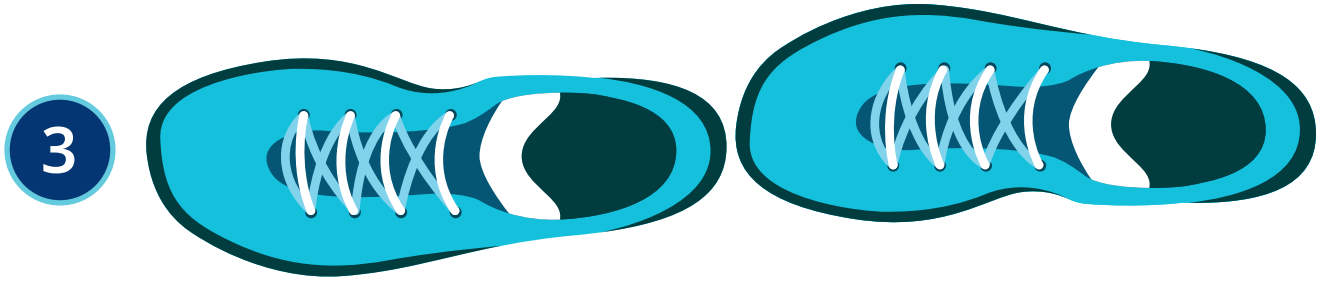
3) Walk in a line

- **Stand tall with one hand on the counter**

- **Slowly walk forward in a line, touch your heel to your toe with each step**
- **Take 4 to 6 steps**



- **Slowly walk backward in a line, touch your toe to your heel with each step**
- **Take 4 to 6 steps**

For a challenge

- **Try taking more steps**
- **Try using only your fingertips for support**
- **Try pausing with your foot off the ground with each step**

- **Try pausing with your foot off the ground with each step**

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4) Slow sitting

- Put the back of a chair against the wall
- Stand tall in front of the chair

- Slowly lower your hips back and down to sit

- Push down with both feet to stand up
- Keep your back straight, keep breathing
- Repeat 4 to 6 times

For a challenge

- Try 8 to 12 times
- Try sitting slower
- Try lowering almost all the way down then standing back up

Sore knees?

- Put folded towels or blankets on the chair seat to make it higher
- Try using your arms for support

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5) Arm push—Counter

- **Stand tall facing the counter**
- **Put both hands on the counter with straight arms**

- **Bend your arms to bring your chest towards the counter**
- **Push away from the counter and straighten your arms**

- **Keep your back straight and shoulders down**
- **Do this 4 to 6 times**

For a challenge

- **Try 8 to 12 times**
- **Try doing this slower**

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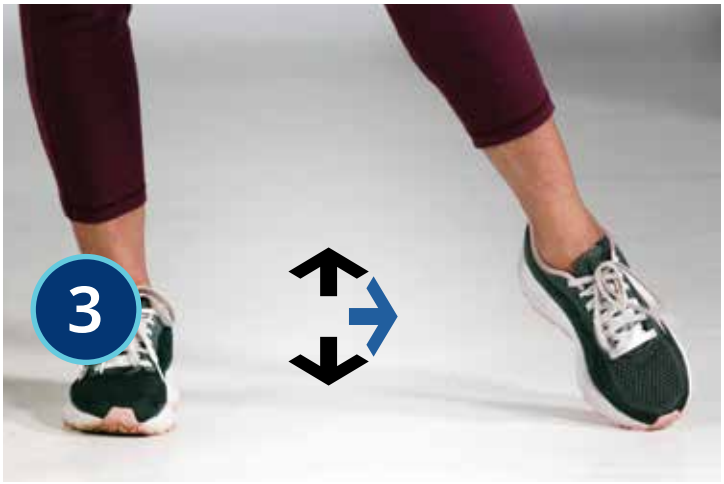
6) Foot tapping

- **Stand tall beside the counter, one hand on the counter**

- **Tap one toe to the front, then side, then behind you**
- **Bring your foot to the start position**



- **Do this 4 to 6 times with each leg**
- **Turn around and do this with the other leg**

For a challenge

- **Try going faster**
- **Try tapping in different patterns (side, front, back)**
- **Try using only your fingertips for support**

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7) Half Lunges—Side lunge

- **Stand tall with both hands on the counter**

- **Step one foot to the side and bend your knee a little bit**

- **Push down with your foot to return to the start position**

- **Do this to the other side**
- **Do this 4 to 6 times each side**

For a challenge

- **Try 8 to 12 times**
- **Try pausing when your knees are bent for 3 seconds**
- **Try using only your fingertips or one hand for support**

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7) Half Lunges—Back lunge

- Turn to the side, put one hand on the counter

- Step one foot behind you, make sure your toes point forward
- Bend both knees a little bit

- Push firmly into your back foot to return to the start position

- Do this with the other leg
- Do this 4 to 6 times each leg

For a challenge

- Try 8 to 12 times
- Try pausing when your knees are bent for 3 seconds
- Try using only your fingertips or one hand for support

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Next Steps

Once you feel comfortable with the activities in all levels of STABL, you might want to try a fitness class that focuses on strength and balance or fall prevention. Call or check the website of your local recreation, community, or senior's centre.

Go to **www.findingbalancebc.ca** for more information and resources.

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STrength And Balance for Life (STABL)— Tracking Sheets

LEVEL 1 — SIT

Use the table below to track your progress. Remember, any progress is good progress!

Check off which activities you completed or write down how many times you did each exercise.

Date	*1. Slow Marching*	*2. Heel and toe lifts*	*3. Reach and row*	*4. Prepare to stand*	*5. Side step*	*6. Straight leg and stretch*	*7. Arm push*

NOTES: ***How did you feel during the activities? How did you feel after the activities? Did any activity feel easier?***

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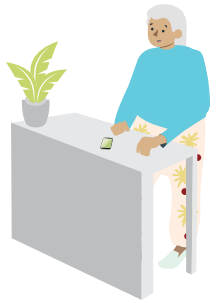
STrength And Balance for Life (STABL)— Tracking Sheets

LEVEL 2 — STAND



Use the table below to track your progress. Remember, any progress is good progress!

Check off which activities you completed or write down how many times you did each exercise.

Date	*1. Heel and toe lifts*	*2. Reach and row*	*3. Side step back step*	*4. Balance on one leg*	*5. Arm push*	*6. Sit to stand*	*7. Calf stretch*

NOTES: ***How did you feel during the activities? How did you feel after the activities? Did any activity feel easier?***

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STrength And Balance for Life (STABL)— Tracking Sheets
LEVEL 3 — MOVE

Use the table below to track your progress. Remember, any progress is good progress!

Check off which activities you completed or write down how many times you did each exercise.

Date	*1. Toe walking and heel walking*	*2. Reach and row*	*3. Walk in a line*	*4. Slow sitting*	*5. Arm push*		*7. Half lunges*

NOTES: ***How did you feel during the activities? How did you feel after the activities? Did any activity feel easier?***

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Go to www.findingbalancebc.ca
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