



# Improve Your Balance

## CHALLENGE

Practice balance movements to prevent falls & injuries

## Requirements to complete this HEALTH CHALLENGE™

1. Read “Improve Your Balance”
2. Practice balance movements and exercises to improve balance.
3. Keep a record of your completed health challenge in case your organization requires documentation.



## Fall-Factor Quiz

How much do you know about the importance of balance? Take the quiz to find out:



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1.   About 10 percent of all work-related injuries are caused by falls.
2.   Reducing stress and distractions can help you be more aware of fall risks.
3.   An estimated 1 million people a year end up in the hospital because of a fall.
4.   Activities like tai chi can train your brain and your body to improve balance.
5.   Strength and balance exercises can help prevent falls at any age.

How did you do? About 26 percent of work-related injuries are caused by slips, trips, and falls.<sup>2</sup> Every year, about 8 million people end up in the hospital because of a fall. Not all falls are preventable, but taking action to improve balance can reduce your risk for a fall or injury.

Answers: 1. False. 2. True. 3. False. 4. True. 5. True.

“I have fallen, and I can’t get up.” This made-for-TV-product catchphrase raised awareness about the risk of falls.

It also became an icon of pop culture spoofed in movies, TV shows, social media, and comic strips. But it really isn’t a laughing matter.

You might think falling is just a problem old people have to worry about. But it’s not. A lot of things could cause you to lose your balance and fall.

- Ever had a cat run under your feet walking down the stairs?
- Lose your balance on the soccer field or basketball court?
- Or slip and fall on a wet surface?

It happens a lot, and not just to the elderly. For example, 39-year-old Washington resident Lauren

Mayer says she tripped in New York City, fell and chipped a tooth, and even broke a toe while visiting her parents in California. Ouch!

Here’s another one: At a gas station quickie mart in Ireland, a 32-year-old nurse tripped on a box and fractured her knee. It took a couple years and two surgeries to recover.

There’s a million slip-and-fall videos on YouTube, and you can probably think of a few of your own viral-worthy off-balance moments.

When you lose your balance, trip, or fall, you can end up getting hurt. And while you can’t always avoid a fall, exercises and movements to train your brain and your body can help.<sup>1</sup> Take the month-long health challenge to Improve Your Balance.

