

## BALANCE

Have you noticed you lose your balance, trip or slip? All these words define a 'fall'.

If you think that falling is just an issue for the elderly, then you are incorrect.

Find out the facts about falls prevention.

by **Filippa Minnelli**

Australians now enjoy one of the highest life expectancies in the world<sup>(1)</sup>. The Australian dream is to live this life to the fullest, which for many includes maintaining independence, travelling, helping raise grandchildren, continuing your life work and so on.

It is for these reasons and many more that we must take balance training seriously. The statistics for falls and their consequences are alarming<sup>(2)</sup>. Despite the abundance of research on the subject, the statistics on falls have not improved. However the research has provided some other important insights. The most important is that 'Balance CAN be trained'<sup>(3)</sup>.



The exercise recommendations as a result of a systematic review focusing on falls prevention for older adults (includes numerous scientific articles) is as follows<sup>(3)</sup>:

- Exercise programs should aim to provide a high challenge to balance.
- At least 3 hours of exercise should be undertaken each week.
- Ongoing participation in exercise is necessary or benefits will be lost.
- Walking or strength training may be included in addition to balance training.

Functional Pilates provides the expertise to provide an individualised balance program delivered by a Pilates specialist. In addition, we provide you with ongoing education on the subject, ensuring you are informed with the latest scientific recommendations.

**Book in for your assessments at Functional Pilates.**

References:

- (1) <https://www.aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/summary>
- (2) Australian Institute of Health and Welfare <https://www.aihw.gov.au/>
- (3) Sherrington C, et al. (2016) 'Exercise to prevent falls in older adults: an updated systematic review and meta-analysis' Br J SM 0:1-10

## WHY FUNCTIONAL PILATES?



EXPERT ADVICE



CARE



REPUTATION



INDIVIDUALISED

**Our quality strategy** sets out our ambitions for ongoing improvement.

**Our mission** is to better the health of the people we serve by delivering exceptional care, teaching and current research in every class.

**Our vision** is for Functional Pilates, to be among the best and safest places to receive care.

## FACT SHEETS



Fact Sheets inform you of the services available and common conditions we work with at Functional Pilates.

Fact Sheets can be downloaded from our website.

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Blogs keep you up to date with the latest research and provide the education of movement in an easy-to-read format.

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## NEWSLETTER



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