


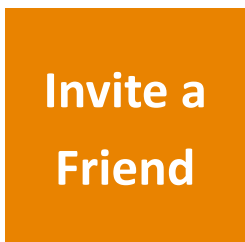


Falls Prevention Take Home Card– Week 1

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day.

Mark off each exercise as you complete them.

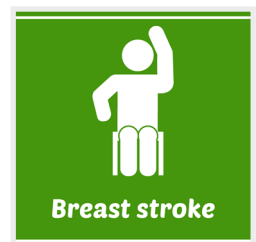
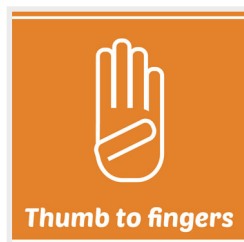
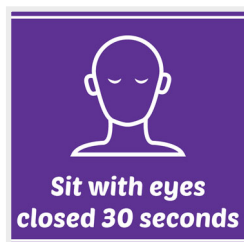
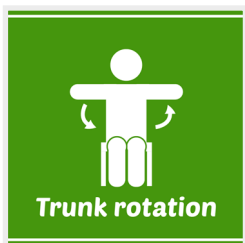
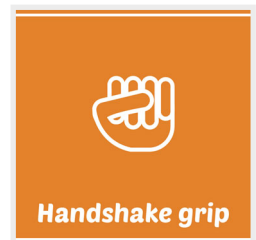
Then, bring this card back to receive a free small prize.



**FREE SPACE**

Just a reminder that new research suggests every movement counts when it comes to being active. So, stretch, take a stroll, or use your commercial break as an opportunity to move.

**Move more; be well!**



Name \_\_\_\_\_

- **Invite a Friend:** Invite at least one friend or family member to join you for one Bin-gocize® session .
- **Remove Clutter:** Go through your residence and remove any clutter from steps to en-trances, inside stairs, and bathroom areas.
- **Trunk Rotation:** Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and left, gently pushing further three times into each spinal rota-tion. Exhale with each pulse.
- **Chair Stands:** Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoul-ders down throughout the exercise, and keep knees from moving beyond toes. Stay un-der control as you return to the seated position.
- **Breaststroke Seated:** Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizon-tally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.
- **Thumb to Fingers:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can’t make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- **Standing Handshake:** Stand. Then turn to the person on each side of you and shake their hand!
- **Seated Balance Exercises:** (1) Sit with eyes closed for 30 seconds. (2) Sit with eyes closed while turning head side to side. (3) Sit with eyes closed moving head up and down.
- **Side Steps:** Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet re-main facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left.
- **Leg Extensions:** Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot.

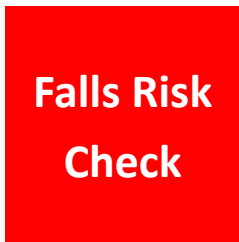


Falls Prevention Take Home Card– Week 2

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day.

Mark off each exercise as you complete them.

Then, bring this card back to receive a free small prize.



**FREE SPACE**

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**Move more; be well!**



Name \_\_\_\_\_

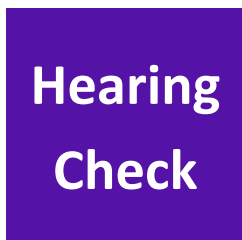
- **Fall risk check:** Work with your doctor to assess your risk of falling based on a number of factors, such as age, chronic conditions, depression, foot numbness, and many others.
- **Medication check:** Review your medications to make sure their side effects and interactions don't lead to falls. Contact your pharmacist or other healthcare provider for help.
- **Thumb to Fingers:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- **Staggered Stance:** Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front.
- **Seated Crunches Rotation:** While seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.
- **Chair Stands:** Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.
- **Grapevine:** Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.
- **Seated Good Morning:** With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!
- **Heel Raises:** While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground.
- **Chest Press:** Hold the resistance band handles, with the resistance band behind your upper back. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.
- **Power Grip:** Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.
- **Single Leg Curl:** Stand behind your chair, and hold onto the back for support. Your feet should be hip-width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side.

# BINGOCIZE®

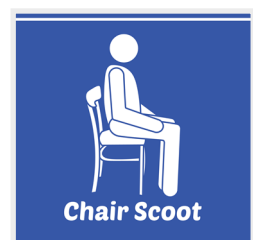
Falls Prevention Take Home Card– Week 3

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. Mark off each exercise as you complete them.

Then bring the completed card back to receive a small prize.



*Just a Reminder!* **FREE SPACE**  
 Just a reminder that new research suggests every movement counts when it comes to being active. So, stretch, take a stroll, or use your commercial break as an opportunity to move.  
**Move more; be well!**



Name \_\_\_\_\_

- **Hearing Check:** Contact your healthcare provider to ask about a hearing check.
- **Morning Walk March in Place:** While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- **Grapevine:** Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.
- **Chair Stands:** As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.
- **Trunk Rotations:** Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and left, gently pushing further three times into each spinal rotation. Exhale with each pulse.
- **Arm Extensions:** Extend your right arm straight up, palm facing forward. Bend your right elbow, letting your hand hinge down behind your head, as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.
- **Breaststroke Seated:** Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.
- **Chair Scoots:** Scoot forward and backward in your chair.
- **C-Hand Grip:** Start by holding your hand and fingers straight and close together. Gently curve your fingers into a “C” shape, as if your hand is wrapped around a can. Move slowly and smoothly, repeating the exercise multiple times on each hand.
- **Arm Curls:** In a seated position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.
- **Side Steps:** Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step.
- **Thumb to Fingers:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can’t make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

# BINGOCIZE®

Falls Prevention Take Home Card– Week 4

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day.

Mark off each exercise as you complete them.

Then, bring this card back to receive a free small prize.

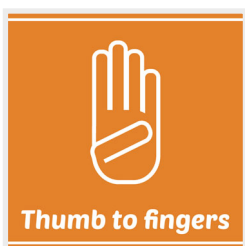


*Just a Reminder!*

**FREE SPACE**

Just a reminder that new research suggests every movement counts when it comes to being active. So, stretch, take a stroll, or use your commercial break as an opportunity to move.

**Move more; be well!**



Name \_\_\_\_\_

- **Clutter check:** Make sure that doorways and hallways are not cluttered.
- **Lighting check:** Make sure areas of your home are well lit, especially stairs and walkways.
- **Side Steps:** Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot.
- **Rear Hip Extensions:** Stand behind your chair, and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. Keeping your head and back aligned, lift one leg behind you, keeping it straight. Repeat with the opposite leg.
- **Thumb to Fingers:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- **Seated Crunches:** While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg.
- **Arm Crossover:** Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.
- **Heel Raises:** From a seated position, begin with your feet hip-width apart and eyes facing forward. Raise your heels off the ground, while keeping your knees straight. Slowly lower your heels back to the ground.
- **Modified Skiers:** From a standing position, side step in one direction, and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction.
- **Side Flexion:** In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left.
- **C-Hand Grip:** Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.
- **Chair Stands:** Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.



# BINGOCIZE®

Falls Prevention Take Home Card– Week 5

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day.

Mark off each exercise as you complete them.

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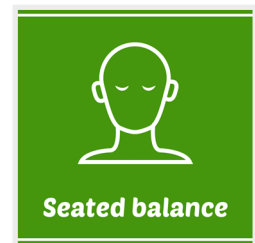


*Just a Reminder!*

**FREE SPACE**

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**Move more; be well!**



Name \_\_\_\_\_

- **Shower Safety Check:** Install grab bars in the shower and make sure to use non-slip mats in shower areas.
- **Single Leg Curl:** Stand behind your chair, and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side.
- **Grapevine:** Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.
- **Seated Oblique Crunch:** While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.
- **Morning Walk in Place:** While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- **Arm Curl:** From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.
- **Thumb to Fingers:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- **Heel Raises:** While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground.
- **Seated Balance Exercises:** (1) Sit with eyes closed for 30 seconds. (2) Sit with eyes closed while turning head side to side. (3) Sit with eyes closed while moving head up and down.
- **Chair Stands:** Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.
- **C-Hand Grip:** Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.
- **Seated Good Morning:** With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!

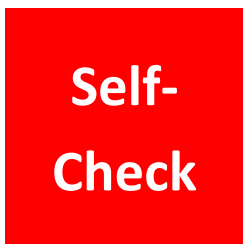



Falls Prevention Take Home Card– Week 6

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day.

Mark off each exercise as you complete them.

Then, bring this card back to receive a free small prize.

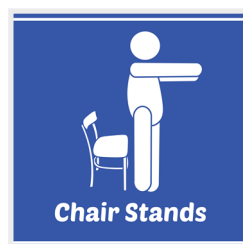
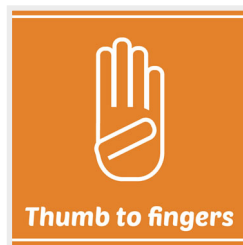


*Just a Reminder!* 

**FREE SPACE**

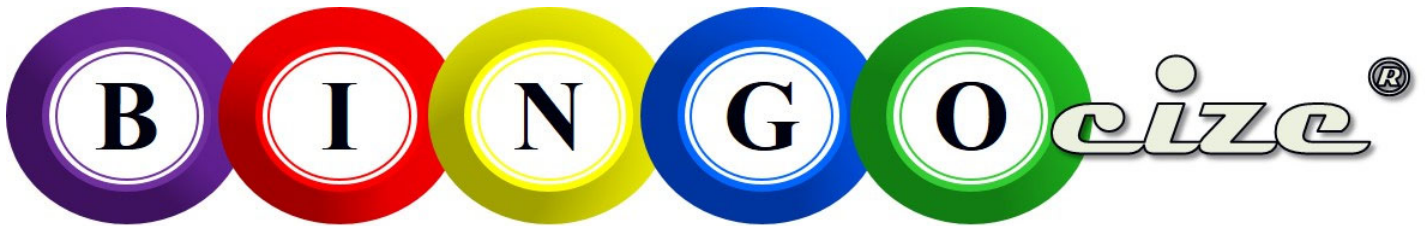
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**Move more; be well!**



Name \_\_\_\_\_

- **Self Check:** Can you tell any improvements to your mood/attitude toward exercising so far?
- **Stronger:** What feels stronger already?
- **Single Leg Curl:** Stand behind your chair, and hold onto the back for support. Your feet should be hip-width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side.
- **Thumb to Fingers:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- **Staggered Stance:** Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front.
- **Seated Crunches Rotation:** While seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.
- **Chair Stands:** Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.
- **Grapevine:** Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.
- **Seated Good Morning:** With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!
- **Heel Raises:** While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground .
- **Chest Press:** Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.
- **Power Grip:** Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.


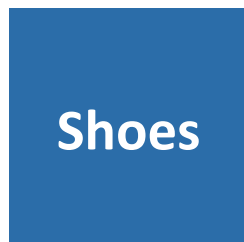


Falls Prevention Take Home Card- Week 7

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day.

Mark off each exercise as you complete them.

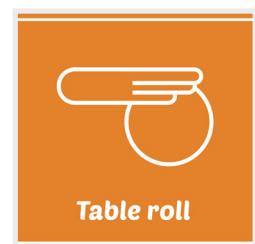
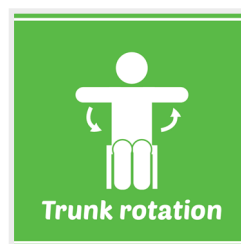
Then, bring this card back to receive a free small prize.



**FREE SPACE**

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**Move more; be well!**



Name \_\_\_\_\_

- **Water:** Be sure to stay hydrated at all times b/c drinking enough water is an important part of a healthy lifestyle and can reduce your risk of falling...dehydration can cause dizziness and could increase your risk of falling.
- **Shoes:** Make sure you are wearing proper footwear at home and when you are out and about. Don't wear shoes that are extra clunky (or backless), which could make you trip. Also, it's best to wear proper fitting shoes in the home, not stocking feet, as socks can cause you to slip on smooth floors.
- **Staggered Stance:** Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front.
- **Chest Press:** Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.
- **Thumb to Finger:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- **Grapevine:** Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.
- **Trunk Rotation:** Twist your hips. Swing your hips dramatically from side to side. As you twist your hips, your waist and legs should also twist or rotate from side to side in a similar manner.
- **Table Roll:** Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.
- **Static Balance:** Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg.
- **Seated Good Morning:** With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!
- **Morning Walk March in Place:** While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- **Heel Raises:** While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground.

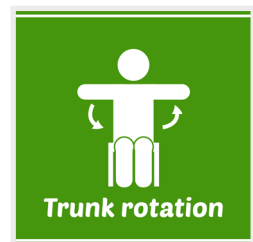
# BINGOCIZE®

Falls Prevention Take Home Card– Week 8

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day.

Mark off each exercise as you complete them.

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*Just a Reminder!* **FREE SPACE**

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**Move more; be well!**



Name \_\_\_\_\_

- **Take a walk:** Take a walk each day of the week for at least 10 minutes.
- **Grapevine:** Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.
- **Arm Curl:** From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.
- **Marching in Place:** While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- **Side Steps:** Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left.
- **Power Grip:** Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.
- **Seated Good Morning:** With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!
- **Heel Raises:** While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground.
- **Chair Stands:** Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.
- **Trunk Rotation:** Twist your hips. Swing your hips dramatically from side to side. As you twist your hips, your waist and legs should also twist or rotate from side to side in a similar manner.
- **Thumb to Fingers:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- **Modified Skiers:** From a standing position, side step in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction.



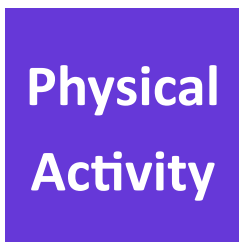



Falls Prevention Take Home Card– Week 9

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day.

Mark off each exercise as you complete them.

Then, bring this card back to receive a free small prize.



*Just a Reminder!* 

**FREE SPACE**

Just a reminder that new research suggests every movement counts when it comes to being active. So, stretch, take a stroll, or use your commercial break as an opportunity to move.

**Move more; be well!**



Name \_\_\_\_\_

- **Physical Activity:** Do any type of physical activity for at least 20 minutes each day of the week. Gardening and walking while shopping are good examples.
- **Vision Check:** Be sure to have your vision checked to make sure your glasses prescription is updated. It's also important to wear sun glasses to protect your eyes from UV damage.
- **Morning Walk March in Place:** While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- **C-Hand Grip:** Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.
- **Chair Stands:** Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.
- **Modified Skiers:** From a standing position, side step in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction.
- **Heel Raises:** While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground.
- **Thumb to Fingers:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- **Lateral Raises:** While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.
- **Grapevine:** Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.
- **Power Grip:** Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.
- **Alternate Foot Touch:** From a standing position, alternate placing your right and left foot in front of you.



Falls Prevention Take Home Card– Week 10

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day.

Mark off each exercise as you complete them.

Then, bring this card back to receive a free small prize.



**FREE SPACE**

Just a reminder that new research suggests every movement counts when it comes to being active. So, stretch, take a stroll, or use your commercial break as an opportunity to move.

**Move more; be well!**



Name \_\_\_\_\_

- **Take Action:** Don't just take the information we've given you and file it away. Take action! Begin decluttering your home and adding other safety features. If you need someone to help, ask a family member or friend, or even hire someone to help you.
- **Stay Active:** Even though Bingocize® is wrapping up this week, find other fun ways to stay active and commit to it. Take a walk with a friend, or make sure you're staying active in other ways that are safe and enjoyable.
- **Thumb to Fingers:** Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.
- **Heel Raises:** While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground.
- **Staggered Stance:** Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front.
- **Single Arm Crossover:** Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.
- **Leg Extensions:** Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot.
- **Morning Walk March in Place:** While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- **Power Grip:** Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.
- **Modified Skiers:** From a standing position, side step in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction.
- **Side Flexion:** In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left.
- **Sit and Reach:** Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot.