



Balance Training

How to start a balance exercise program

What is balance?

Balance refers to your ability to control and maintain your body's position as it moves through space. Balance involves many systems in your body including the muscles, senses, and brain.

There are 3 types of sensory information that your body relies on to maintain balance:

1. Visual information you receive from your eyes.
2. Touch, pressure, and position information from your muscles, joints, and skin.
3. Sensory information from the inner ear, which provides information on head position and movement.

Balance also requires good strength, flexibility, and endurance.

Why include balance in my exercise program?

Falls and fear of falling can restrict your activity level and reduce your quality of life. Your risk for falls increases as you age. Here are some facts about falls:

- About 25% to 35% of those over 65 have one or more falls each year.
- Falls are the leading cause of death from injury in older adults.
- Half of older adults hospitalized for fall-related injuries are discharged to nursing homes.
- The good news is that doing exercises to promote and improve your balance can reduce your risk of falls by up to 30%.

