



Our Calling Is To Prevent Falling.

SUMMER EDITION 2021

Physical Activity is an Integral Aspect to Balancing the New Normal

By Dr. Christina Crawford

As a community, we are returning to group interactions and social events. We are getting out and about more and more. Reflecting on the last year, can you say you dedicated time for yourself and your health? Are you ready to resume these prior activities or explore new ones? As we resume a new normal and embrace the opportunities to celebrate social events, assure you schedule time for yourself and your health. Pause and reflect. Are you doing what you need to do to optimize your mental and physical health?

Whether it is work activities or daily errands that require time out of the house and navigation in a different environment, resuming prior activities may feel like the normal thing to do. The physical demands of what you are doing today may be different compared to last year, when we were each confined to our homes, a small yet familiar space. The body needs strength and endurance to meet the demands of certain activities and tasks. The risk for a fall increases if the body is unable to meet the demands of the task or the environment.

One way to assure your body is ready is to stay in motion. The American College of Sports Medicine recommends 150 minutes of moderate level physical activity to maintain your current cardiovascular health. [Check out the ACSM's Physical Activity Guidelines here.](#) This could be 30 minutes of moderate level cardiovascular activities on five days a week, such as brisk walking or dancing. The challenge depends on your current fitness level. Moderate level activity is enough to get your heart rate up in a working zone and is fairly challenging. On a scale of 0-10, with 0 being fully rested and 10 being the most exertion you could do, moderate activity is between a 4-6. [Click here for examples of moderate and vigorous activities.](#) If you choose a vigorous level activity, it should be done 20 minutes on three days of the week.

Physical activity should also include strength training, balance exercises, and stretches on 2-3 days a week. These recommendations are for all adults and are not unique to the young or aged. [Specific guidelines for older adults.](#) Staying active is a



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necessity at all ages and may be one way to optimize our physical and mental wellbeing. If you have health concerns, check with your health care provider before starting a new program to assure you are medically cleared. There are several professionals that may help guide your journey depending on your experience and needs.

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**2021
Meeting Dates**

July 15
September 16
November 18

Community Member Spotlight

Seeing The Obvious

By Irene Stillwell

Executive Director of AZ Lifelong Fitness

“GET STRONG” is the best advice I can give to anyone who is concerned about falling.

Of course, there are many sources that can be used to tell us as individuals how we can live a healthier lives and those run the gamut from University Medical Schools, Government entities, non-profit health promotion agencies to individuals and groups who seek to profit from the fast approaching “fall epidemic” which is on the horizon.

However, there are some basic ways to prevent falls agreed on by all the credible health organizations.

- Talk to your doctor about the prescriptions, over-the-counter medicines and supplements.
- Do Strength and balance exercises
- Have your eyes checked
- Make your home safer

Although each of these aspect of prevention is important, let's focus on the one that can affect not only fall prevention but can enhance every aspect of our lives: STRENGTH.

Aging is not the only reason for loss of strength. No matter what your age, you will lose strength, agility and coordination if you spend most of your time sitting. Sedentary lifestyles are robbing Americans of the strength they need for daily life.

We are often bombarded with advertising for items that will “make life easier” or take the work out of the simplest tasks. An “active lifestyle” requires that we look for ways to use our muscles and become stronger. Here are just a few ideas to help you become stronger:

- Walk. Don't search for the closest parking space and leave the car at home for short trips to see a neighbor or go to the store.



- Look on line for “Exercises to strengthen the legs” and you'll find lots of help.
- Join a class at the local Senior Center.
- Ask your doctor to refer you to a Physical Therapist who can teach you exercises you can do at home.
- Get involved in sports! Bowling, Pickleball, Road Races, Shuffleboard, Volleyball and many other sports not only strengthen the body but provide social interactions that will keep you active.
- Call the Arizona Lifelong Fitness Foundation, AARP, or the National Council on Aging for exercise resources.



President John F. Kennedy said “Our growing softness, our increasing lack of physical fitness, is a menace to our security”. So, if you want to feel more secure – GET STRONG!

Committee Update

The leadership council is excited to have all committee chairs of the coalition filled. Having each committee chair occupied will help our coalition begin to expand our reach to assist Arizonians and our communities to prevent falls.

We would like to introduce the following committee chairs to the coalition.

The Strategic Communication committee is co-chaired by Kelvin Bartee and Jeff Case. Kelvin is a retired Assistant Fire Chief from the City of Phoenix Fire Department, Phoenix Arizona. Currently, he provides professional services directed at enhancing the well-being and quality of life for executives, their staff and their customers. Jeff recently retired from the Fire Service after serving as the Fire Chief in Avondale, Arizona and after 33 years with the Phoenix Fire Department. Jeff retired as a Deputy Chief with Phoenix Fire and managed the Emergency Medical Services, Training, Dispatch/Deployment, Support Services, Technical Services and Operations Divisions over the course of 24 years as a Chief Officer.

Our Website committee chair is Dr. Emily Reilly, an occupational therapist and Founder/CEO of Purposefully Home. She is passionate about supporting seniors to “Age in Place” and holds advanced certification in home modifications from the University of Southern California.

If you are interested in joining these committees please reach out to the chairs, E-mails are listed on page 4 of the newsletter.

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These may include a physiatrist, physical therapist, exercise physiologist, or a kinesiologist. Whether you choose to work alone or with a professional, the land exercise program should be comprehensive and have diversity in the activities.

Resuming activities after the pandemic may have unique challenges that many of us may not have anticipated. If you are struggling with the changes, consider contacting a health care provider, talking to your family, or using community resources.



You are not alone. [Here is a link](#) to explore free and confidential services to connect with a counselor.

If you are ready and willing to exercise, embrace the chance to optimize your mental and physical health through activities that you enjoy. Physical activity is a great way to prevent falls and heighten your ability to navigate the new normal that we are adopting and redefining together. Click here to learn more about how physical activity may help reduce your fall risk.

Please consider joining one of our committees to help advocate for fall prevention in our communities and state!

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We want to know what you are doing to promote and prevent falls in your community! Do you have a program or event that you want to share with our members?

E-mail Lianner@cox.net to submit your article.

Please keep your article submission to 500 words.



If you are interested in being a part of our editorial team please reach out to Lianner@cox.net

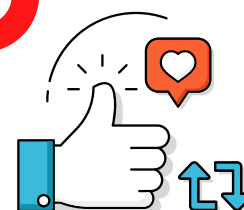
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