

Lifeline



Staying fit to reduce fall risk

Simple exercises to stay active and stay independent



Problem: 1 in 3 seniors will fall this year¹. Those with a history of falls or chronic conditions are at a greater risk of falling.

Falls and fall-related injuries, such as hip fractures, can seriously impact the lives of many older adults². A fall could result in injury, chronic pain, and make it impossible to continue living independently. The good news is that simple steps can prevent falls or reduce the severity of injuries.

Need: Seniors need to try to prevent falls, overcome their fear of falling and have access to help if a fall happens. This can improve confidence, help maintain independence, and can allow them to continue an active lifestyle.

Being (and remaining) active can be one of the most effective steps to prevent a fall³. **Exercise has proven to help seniors reduce fall risks by up to 34%** depending on the program⁴. Exercise can:

- Maintain muscle strength
- Strengthen bones
- Help flexibility
- Improve balance
- Strengthen heart and lungs

Solution: If a fall does happen, Lifeline can detect a fall⁵, at home or on the go⁶, and can quickly get the help needed.

Before starting an exercise program, please consult your healthcare professional.

1 Public Health Agency of Canada.

2 El-Khoury, PhD, et al., "The effect of fall prevention exercise programmes on fall induced injuries in community dwelling older adults: systematic review and meta-analysis of randomised controlled trials," BMJ 2013;347:f6234.

3. National Institutes of Health, 2016.

4. Sherrington, Catherine et al., "Exercise for preventing falls in older people living in the community" National Institutes of Health, 2019

5. Automatic fall detection technology does not detect 100% of falls. If able, a subscriber should always press their alert button when they need help.

6. Coverage inside and outside the home provided where wireless network coverage is available. Recharging of the mobile pendant is done by the subscriber as needed by connecting it to its charger.

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Exercises to Improve Strength and Balance

Improving balance is important to help prevent falls and injury, because those with poor balance and mobility are at higher fall risk.



1: Single Limb Stance

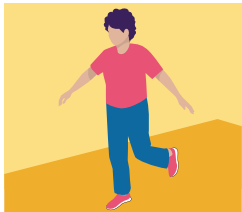
Stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.



2: Walking Heel to Toe

Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.



3: Rock the Boat

Stand with your feet hip-width apart. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.



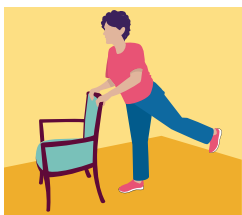
4: Clock Reach

You'll need a chair for this exercise.

Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.

Lift your right leg and extend your right arm so it's pointing to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time.

Repeat this exercise twice per side.



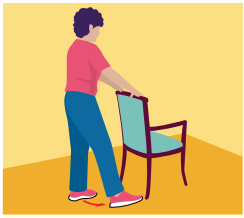
5: Back Leg Raises

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.



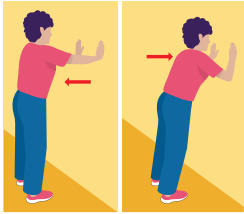
6: Single Limb Stance with Arm

Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for ten seconds. Repeat the same action on the right side.



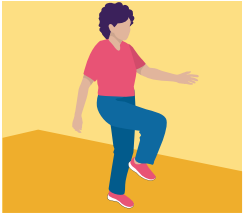
7: Side Leg Raise

Stand behind a chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise 10 to 15 times per leg



8: Wall Pushups

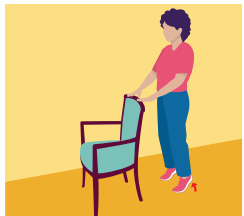
Stand an arm's length in front of a bare wall. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.



9: Marching in Place

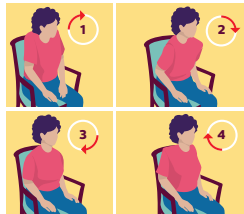
If you need to hold onto something, do this exercise in front of a counter.

Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.



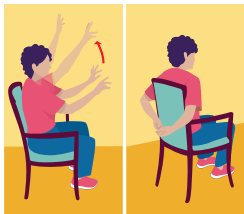
10: Toe Lifts

Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.



11: Shoulder Rolls

Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down.



12: Hand and Finger Exercises

Pretend there's a wall in front of you. Your fingers will climb the wall until they're above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down.

During the second exercise, touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for ten seconds, then try with your other arm



13: Calf Stretches

Stand facing an empty wall with your hands at eye level. Place your left leg behind your right leg. Keep your left heel on the floor and bend your right knee. Hold the stretch for 15 to 30 seconds. Repeat two to four times per leg.

If you want to stretch your calves while sitting, you'll need a towel. Sit on the floor with your legs straight. Put the towel around the soles of your right foot and hold both ends. Pull the towel towards you while keeping your knee straight and hold it for 15 to 30 seconds. Repeat the exercise two to four times per leg.



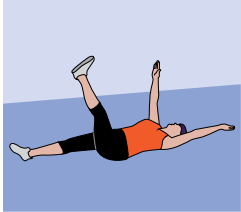
Simple Core Exercises

Core exercises are highly beneficial for seniors. A strong core can help improve balance, simplifies daily tasks, improves posture, reduces pain and helps with coordination.

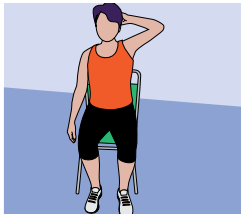


1. Seated Dead Bug

- Sit back in a strong chair so your spine forms a straight line.
- While keeping your head up, engage your core and extend your right arm up and your left leg out at the same time.
- Hold that position for one second.
- Return to the starting position.
- Repeat those steps with the alternate arms and legs.



As your core strength improves, you can also do the dead bug lying down with your back on the ground and your arms and legs in the sky.



2. Seated Side Bends

- Sit back in a strong chair so your spine forms a straight line.
- Place your feet flat on the floor.
- Place the palm of your right hand on the back of your head and pull your elbow out so it's aligned with your ear. Your left arm should stay aligned with your upper body, hanging off to the side.
- Keep your body straight. No slouching or leaning back.
- Breathe in and, with your exhale, lean to your left, bringing your left arm closer to the floor.
- As you lean, pull back your right elbow. This will cause you to feel a stretch on that side.
- Breathe in again and come back to the starting position.



Repeat as many times as you can and then alternate with the other arm.



3. Seated Forward Roll-Ups

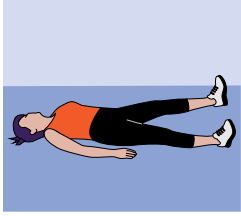
Sit in the chair, extend your legs so your heels are on the floor and your feet pulled back towards you. Have your arms out in front of you angled with your legs. Try to have the most proper, upright posture you can manage, and then follow these next steps:

- While keeping your legs straight, inhale and roll your chin to your chest.
- Exhale as your entire torso follows your chin, bending towards your toes.
- When you can't go any further, breathe in and roll your body back. Do this slowly and imagine each vertebrae rolling back one by one.
- Repeat.



The key to this exercise is to move slowly. You want your abs to do the work, so make sure you don't get momentum from your shoulders or back. Remember to roll the different body parts. Don't launch them.

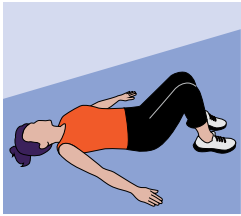




4. Leg Lifts (Seated or Lying Down)

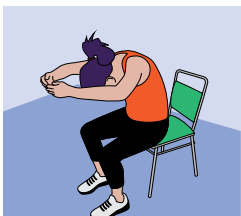
- Sit back in a strong chair so your spine forms a straight line.
- If you're lying down, lay flat on your back with your body straight, arms to your sides. If you're seated, have your knees bent and feet flat on the ground.
- Lift one leg while engaging your core and keeping your opposite leg in the starting position. Lying down lifts should have your foot about five inches off the ground while seated lifts should go as high as you can. In both situations, keep your back straight.
- Hold this position for three seconds.
- Return to your original position and then repeat with the opposite leg.
- Alternate legs for as many reps as you can.

Remember to start small and work your way up.



5. The Bridge

- Lay flat on your back with your knees bent and your feet flat on the ground.
- Engage your core and lift your hips so you form a line from your chest and knees.
- Hold there and take three breaths. Make sure you keep your back straight and do not arch it.
- Return back down and repeat as you can.



6. Seated Half Roll-Backs

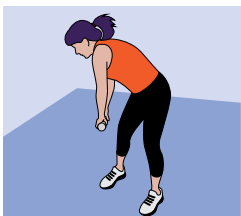
- Sit up on the edge of the chair while bending your knees and having your feet on the floor.
- Move both arms out in front of your chest and make a circle. Keep your back straight.
- Roll your back and dip your face toward the arm circle. You can think of it like you're scooping your abs.
- When you reach your limit, tighten up your abs and slowly roll back towards the straightened position you started with.



7. Wood Chops

Start with keeping your feet hip-width apart and your arms out in front of you held together. You can also hold something lightweight like a water bottle. Then follow these steps:

- Keeping your arms and body straight, swing (or chop) them down towards your right hip.
- Reverse the motion by moving your arms up to your left ear. You can turn your body with your arms to keep them straight, too.
- Repeat the same motion on the opposite side of your body.



Chair Yoga

Yoga is one of the best forms of exercise for older adults to build strength while helping to improve flexibility and balance.

Seniors with limited mobility can practice chair yoga, either from a seated position or by standing behind a chair for support.

1. Ujjayi breathing

A great starter pose: sit up tall at the edge of your seat and place your hands on your waist. Take a deep breath in through your nose, expanding through your sides and abdomen, then exhale slowly. Repeat for 10 breaths.



2. Cat/Cow

This pose helps to relieve back and neck tension. Inhale and arch your back to look up at the ceiling. Exhale, pulling your abdominals in and rounding your back as you bend forward.

Repeat this 5 times.



3. Circles

To release and relax the hip muscles, circle your hips clockwise 5 times while seated without moving your upper body, then do the same counterclockwise 5 times.



4. Sun salutation arms

This lengthens the spine, releases tension in the shoulders and neck. Sitting tall, breathe in and lift your arms up, pressing your palms overhead. On an exhale, float your arms back down to your sides.

Repeat 5 times.



5. Sun salutations with twists

Repeat the previous exercise, adding a twist as you exhale.

Repeat 5 times on each side, holding the last twist for 5 seconds.



6. High altar side leans

Stretches spine and shoulders. Lift your arms and interlace your fingers in front of you. Turn your palms to the ceiling as you straighten your arms above your head.

Lean to the right for 3 breaths, then to the left for 3 more breaths.



7. Eagle arms

Helps reduce shoulder aches. Stretch your arms out to each side, bring one arm under the other at shoulder height and bend your arms at the elbows with palms together.

Hold for 5 breaths, unwind and repeat with opposite arms.



8. Assisted neck stretches

The neck is a major stress area. Drape your right arm over your head until your palm reaches your left ear. Let your head fall to your right shoulder, then hold for 5 breaths.

Repeat on the opposite side.



9. Ankle to knee

The hip area is also a stress spot. To loosen things up, sit up straight, bend your right knee and place your right ankle over your left knee. For a deeper stretch, lean forward.

Hold for 5 breaths, then repeat on the opposite side.



10. Goddess with a Twist

Another great hip stretch: Open your legs wide and point your toes out. Place your right arm inside your right leg, reaching for the floor. Lift your left arm toward the ceiling and look up to your palm.

Hold for 5 breaths, then repeat on the opposite side.



11. Warrior 2

This gives you a full-body stretch. Sit tall at the edge of your seat. Bend your right knee to the side and stretch your left leg out behind you as you press your outer heel down.

Hold for 5 breaths, then repeat on the opposite side.



12. Forward Fold

To finish, let blood flow to your brain. Sit tall and straight, then fold down over your legs, letting your head, neck, and body hang limp.

Hold for as long as you want before rolling back up to a sitting position.



Before starting an exercise program, please consult your healthcare professional.

Exercises from a Seated Position

Do not overdo it. Start slowly and gradually build the number of repetitions. Use a firm chair.

1. Neck stretches

Side bends: Tilt head sideways as if to touch ear to shoulder.

Right: Hold 10 seconds, 10 repetitions

Left: Hold 10 seconds, 10 reps

Chin to chest:

Hold 10 seconds, 10 reps



2. Arm raises

Raise arm up, pause at the top for 2 seconds, then bring down.

Right arm: 10 reps

Left arm: 10 reps

Both arms: 10 reps



3. Seated marching

Alternate lifting knees to chest as if marching

Right leg: 10–15 reps

Left leg: 10–15 reps



4. Rowing

Make sure to sit as straight as possible. Place arm straight out in front and then pull arm back with elbow next to your side.

Right arm: 10 reps

Left arm: 10 reps

Both arms: 10 reps



5. Back stretching and strengthening

With legs apart, place hands on each side of right knee. Slide hands from knee to ankle and return to upright sitting position.

Right knee: 10 reps

Left knee: 10 reps



6. Ankle range of motion

Point toes up as far as possible and then down as far as possible. Rotate both feet.

Clockwise: 20 reps

Counterclockwise: 20 reps



7. Knee extension

Straighten knee, pause, then lower foot back to floor.

Right leg: 10 reps

Left leg: 10 reps



8. Small kicks

Straighten and bend knee as in a kicking motion

Right leg: 10–15 reps

Left leg: 10–15 reps



Exercises from a Standing Position

To maintain balance, use a kitchen counter or the back of a sturdy chair that doesn't have wheels.

1. Calf stretch

Hold the back of a chair. Step back with right foot, keeping foot straight. Lean forward, keeping right heel on floor.

Right leg: Hold 30 seconds, 3 reps

Left leg: Hold 30 seconds, 3 reps



2. Lateral leg swing

Hold the back of a chair. Move leg straight out to side without bending knee or waist. Keep toes pointed forward.

Right leg: 10 reps

Left leg: 10 reps

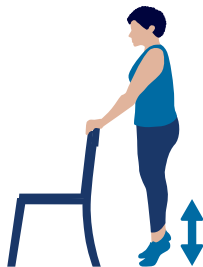


3. Heel and toe raise

Stand straight. With feet shoulder-width apart, rise up on toes, pause, then lower back down.

Then lift toes, keeping heels flat, and lower back down.

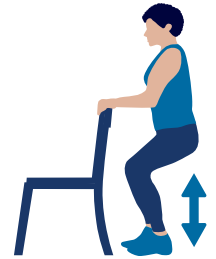
Both feet together: 10 reps



4. Mini-squats

Hold the back of a chair. Bend knees as far as is comfortable. Keep back and head up straight and behind toes, as in diagram. Then return to standing position.

10 reps



5. Hip flexion and extension

Hold the back of a chair and bring your right knee up as close to your chest as possible, trying not to bend at the waist.

Slowly lower your leg and swing it straight behind you without bending your knee. Then lower it back to the starting position.

Right leg: 10 reps

Left leg: 10 reps



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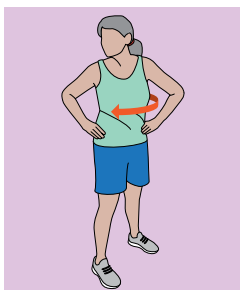
Tai Chi

Tai chi is a low-impact exercise that puts minimal stress on muscles and joints, making it generally safe for seniors – including those who otherwise might not exercise. It requires no special equipment and can be performed anywhere, indoors or out.



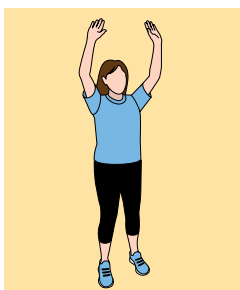
1. The lower body warm-up

1. Stand with your feet flat on the floor and legs slightly wider than hip-distance apart.
2. Hold a slight bend in your knees.
3. Have your arms either relaxed or with your hands on your hips. If you need extra support, try resting your hands on a chair back or rail.
4. With a slow, controlled movement, shift your weight to one side so that around 70% of it is supported on one leg, then shift your weight to the opposite leg.
5. Repeat this movement at least three to five times.



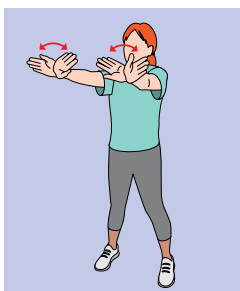
2. The torso twist

1. Stand with your feet flat on the floor and legs slightly wider than hip-distance apart.
2. Put your hands on your hips. This allows you to feel where the turning movement is coming from. You want it to be coming from your torso, not your hips.
3. Have a slight bend in your knees
4. Deeply inhale and feel your spine stretch. Exhale, and as you do so, gently twist to one side, using just your torso to make the move. You'll naturally feel your hips move slightly too; this is fine, as long as the twist is centered from your torso.
5. Inhale back to center and repeat the twist to the other side.



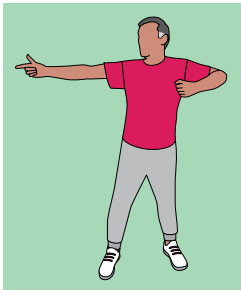
3. Touch the sky

1. Either sit up straight in a comfortable chair or stand with your feet flat on the floor, legs slightly wider than your hips.
2. If you're starting from a seated position, rest your hands in your lap with your palms turned upward and fingertips pointing toward one another. If standing, hold your arms loosely at your sides, palms open.
3. Inhale slowly and at the same time, raise your palms slowly to your chest level.
4. Turn your palms outward and lift your hands above your head, keeping your elbows relaxed and slightly bent.
5. Exhale slowly and relax your arms, gently lowering them to your sides.
6. Return your hands to the starting position and repeat this at least ten times.



4. Hand exercise

1. Stand with your feet flat and slightly wider than shoulder-width apart.
2. Raise your arms out in front of you, keeping them parallel to the floor. Your shoulders, elbows, and wrists should be aligned.
3. Flex your hands with your palms facing forward and rotate your wrists to the left and right.
4. Repeat at least three to five times per side.



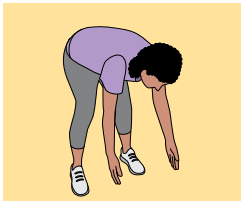
5. Drawing the bow

1. Stand with your feet flat and your right foot slightly wider than hip-width.
2. Gently twist your head and torso to the right.
3. With loose fists, inhale and lift both arms to chest height out to your right. Your left elbow will be bent with your fist over your chest, while your right arm reaches out.
4. Exhale and pull your left elbow back as though drawing a bow. At the same time, lift your right thumb and forefinger, pointing to the sky like an arrow.
5. Bend your knees, squatting as deeply as you can.
6. Looking beyond your right hand, inhale, then exhale as you lower your arms and return your body to a neutral position.
7. Repeat the exercise, this time starting from the left side by moving your left foot slightly wider than hip-width.
8. Do this at least three times on each side.



6. Windmill

1. Stand with your feet flat on the floor, slightly wider than shoulder-width apart.
2. Relax your shoulders and let your arms hang loosely by your sides.
3. Move your hands in front of your body, fingers pointing to the floor.
4. As you inhale, raise your arms up through the center of your body and onward to over your head. Keep your fingers pointed throughout.
5. Stretch toward the ceiling, arching your spine slightly backward. (Be gentle here!)
6. Exhale and slowly bend your back forward to the floor, moving your hands with pointed fingers back through the center of your body.
7. Bend forward from your hips, allowing your arms to loosely hang.
8. Inhale, returning to the starting position.
9. Repeat this at least three times.



7. The golden lion shakes its mane

1. Sit up straight in a comfortable chair with your hands lightly resting on your thighs.
2. Breathe deeply and comfortably in and out. On an exhale, lean forward until you can feel the stretch in your lower back.
3. Near the end of your range of motion, twist your shoulders to one side, allowing your head and neck to turn with your shoulders and spine.
4. Inhale slowly, twisting back to face forward, and sitting up in your starting position.
5. On your next exhalation, repeat the exercise, but for the opposite side.
6. Repeat this up to ten times for each side.



Before starting an exercise program, please consult your healthcare professional.

There's a Lifeline solution for you

Lifeline can help you stay independent with peace of mind

At home

Help at the press of a button in and around the home.

Ideal Candidate: For people who spend much of their time at home and want to be able to access emergency help at any time, day or night.

Optional fall detection can automatically call for help if it detects a fall, even if you can't push your button.¹



On the Go

It's the mobile medical alert solution that gives you the freedom to go where you want, when you want.²

Ideal Candidate: Those who want to remain active and independent with confidence and peace of mind – at home or on the go.



MedReady Medication Dispenser

It's a simple, affordable and automated way to manage multiple medications with 24/7 monitoring.

Ideal Candidate: Those with complicated medication regimens, take multiple medications or have a tendency to forget to take their medications.



The Lifeline difference

Lifeline is the leading provider of medical alert services in Canada today.³ Lifeline helps empower older adults to feel safer, confident, and independent both at home or on the go.

Easy to use

Subscribers can press their help button at any time to request the assistance they need – anytime, anywhere.⁴

Fall detection

Our fall detection technology can automatically place a call for help if it detects a fall – even if subscribers are unable or reluctant to press their help button.¹

Responsive

Canadian round-the-clock monitoring with Lifeline’s specially trained Response Associates respond in 240+ languages, 24/7, 365 days a year.

Each subscriber decides how they would like to be helped – by a neighbour, family member, or emergency services.



Call today for more information

**1-800-LIFELINE
1-800-543-3546**

www.lifeline.ca

1. Equipment may not detect all falls. If able, users should always push their button when they need help.
2. On the go coverage outside the home and wireless service in the home provided with sufficient access to/coverage by the applicable third party wireless network. Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary.
3. Claim based on the number of subscribers.
4. Coverage inside and outside the home provided where wireless network coverage is available. Recharging of the mobile pendant is done by the subscriber as needed by connecting it to its charger.

Lifeline

Lifeline Canada
95 Barber Greene Road, Suite 105
Toronto, Ontario, Canada
M3C 3E9
Tel: 1-800-387-8120

www.lifeline.ca