

Active Living, Fewer Falls

Regular physical activity can significantly lower your risk of falls. It strengthens muscles, improves balance, and enhances coordination, all of which are crucial for maintaining stability and preventing stumbles.



Improved Balance

Activities like yoga or tai chi enhance balance and coordination, making it easier to move safely and avoid tripping.



Enhanced Mobility

Walking, swimming, or dancing improves flexibility and range of motion, making it easier to navigate different environments without falling.



Stronger Muscles

Physical activity builds and maintains muscle mass, which provides support and stability, making it less likely to lose your balance.

Active Life, Safe Life

Engaging in regular physical activity is a powerful tool to reduce your risk of falls. By strengthening your muscles, improving balance, and enhancing mobility, you can move through life with confidence and independence.



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MAINE
FALLS PREVENTION
COALITION