

# WHICH EXERCISE PROGRAM IS BEST FOR ME?

Are you an older adult living in Renfrew County and District?


If yes, we have exercise programs that can help to build your strength and balance, which can help prevent falls.

- I have few worries about my balance
- I am able to exercise at least twice/week which includes:
  - ✓ Getting stronger
  - ✓ Improving my balance and flexibility
  - ✓ Increasing my endurance activities that increase my heart rate ( such as a brisk walk)

Goal – To maintain or improve fitness level

I have a HIGH activity level (Level 5)

## Community/Municipal Exercise Programs

- Call 211/www.211ontario.ca and ask for a level 5 exercise program
- or
- Visit [www.champlainhealthline.ca](http://www.champlainhealthline.ca)
- Click 
- Scroll to the very bottom of the page
- Click Renfrew County –WHICH EXERCISE PROGRAM IS BEST FOR ME?
- Look for a GREEN LEVEL 5 exercise

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Prepared by the Renfrew County and District Health Unit  
for the Champlain Falls Prevention Steering Committee  
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- I am worried about my balance
- I can do all of the following:
  - ✓ Stand on one leg for 2 seconds
  - ✓ Climb 10 stairs
  - ✓ Stand for 20 minutes
  - ✓ Walk 1 block without losing my breath or sitting down


Goal – To improve strength and balance, so I can move around more easily

I have a MEDIUM activity level (Level 4)

Check your risk of falls by completing the *Staying Independent Checklist* on the back of this sheet

## Falls Prevention Programs-Stand Up!

Stand Up! is a free, evidence-based exercise program.

- Call the Renfrew County and District Active Aging Network for more information (613-735-8651 ext. 516 or 1-800-267-1097 ext. 516).
- or
- Visit [www.champlainhealthline.ca](http://www.champlainhealthline.ca)
- Click 
- Scroll to the very bottom of the page
- Click Renfrew County –WHICH EXERCISE PROGRAM IS BEST FOR ME?
- Look for a YELLOW LEVEL 4 exercise program

- I am afraid of falling
- I have difficulty with:
  - ✓ My balance
  - ✓ Getting out of a chair
  - ✓ Walking (I may need a walking aid like a cane or a walker)


Goal – To be more mobile, steady and able to be more independent.

I have a LOW activity level (Level 1,2 or 3)

Talk to your family doctor

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## Exercise Programs

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- Scroll to the very bottom of the page
- Click Renfrew County –WHICH EXERCISE PROGRAM IS BEST FOR ME?
- Look for a PINK LEVEL 1,2 or 3 exercise program