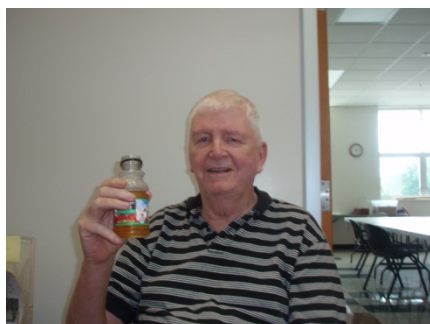


“Get Some Balance in Your Life”: Falls Prevention Awareness

Featuring: Peter Langlan of Hillsborough, NC

“Get Some Balance in Your Life” is a falls prevention program offered at the Seymour Center in Chapel Hill and the Central Orange Senior Center in Hillsborough. The 12-week program is offered twice a week and each class, taught by a physical therapist or certified personal trainer, has balance exercises, strengthening exercises, and “time on your feet”. Each component of the class challenges an individual’s balance. Our featured profile is of Peter Langlan, from Hillsborough, NC and an A Matter of Balance participant.



Pete began taking classes in hopes to improve his balance. He never imagined he would see the day when his cane would stay in the car. When he began the program he was 100% dependent on his cane. By the end of the program, his legs were strong enough and he was confident enough in his abilities to permanently leave the cane in the trunk. He also never thought it would be so much fun and enlightening. Pete is very pleased that he took the time to participate. He now will continue to set self-goals inspired by what he learned. Pete enjoyed the fellowship and camaraderie of the classes; the pleasant and happy company kept him motivated to come back and repeat the program a second time. Outside of class Pete exercises three days of the week, enjoys flirting with the ladies, dancing, and spends time with his friends at the Senior Center. Pete says, “It was an enjoyable experience and I plan on doing it again.”

Fall prevention is a critical issue considering that falls are the leading national cause of doctor visits, hospital admissions, nursing home admissions and emergency room visits as well as the leading cause of injury deaths among people over the age of 65. North Carolina will recognize this issue during **Falls Prevention Awareness Week from September 20-26, 2010.**

To Prevent Falls:

1. Exercise regularly. Physical activity programs like Tai Chi that increase strength and improve balance are especially good.
2. Ask your doctor or pharmacist to review your medicines to reduce side effects and interactions that could make you dizzy or unsteady.
3. Have your eyes checked at least once a year.
4. Improve the lighting in your home.
5. Reduce the hazards in your home that can lead to falls, such as loose carpets and slippery or uneven floors.

[Centers for Disease Control and Prevention]

For more information check out the NC Falls Prevention Coalition website:

<http://www.med.unc.edu/aging/ncfp/welcome.htm>