

## Seniors, are you afraid of falling? Join Ridgeline's Balance Fitness® Program!

The information provided herein is not intended to be used as health advice. This document is for informational purposes only. For expert advice, consult your physician or other expert professional. Consult your doctor before starting any exercise program.

### DID YOU KNOW?

**According to the National Institute on Aging, seniors that exercise at least three times per week are less likely to develop dementia than those who are less active.**

**Researchers noted their study did not directly demonstrate that exercise reduces risk of dementia, but it joins a growing list of observational research that finds a correlation between exercise and dementia -- also known as cognitive decline -- which is associated with Alzheimer's disease.**

For more information visit:  
[www.nia.nih.gov](http://www.nia.nih.gov)

574.271.1151



Physical activity is effective in people of all ages. Ridgeline's Balance Fitness® Program has been proven to be suitable for frail elders including those with marked cognitive impairment.

Wood Ridge Assisted Living has implemented a unique balance fitness program for elders! The Balance Fitness® Program, designed by Dr. Chuck McClade, a practicing physician and Chief Executive Officer of Ridgeline Management Company, and Patty Endres, Recreational Therapist, is for seniors wanting to gain strength, improve balance, gait, and bone density.

Research has shown that one out of three over the age of 65 fall in any given year. Nearly two million are treated for injury per year, with higher injury rates due to low bone density and decreased muscle mass. **Routine exercise has been proven to decrease hip injury rates.**

Call or stop by today to learn how you can join Ridgeline's Balance Fitness® Program, and start feeling more confident in your balance and walking!

### Potential Benefits & Goals:

- Improved sitting & standing balance
- Lower limb strengthening
- Improved gait and ability to walk longer distances
- Increased agility
- Increased perceived confidence with walking
- Improved activities of daily living functioning
- Longer stays in assisted living or at home
- Improved sleeping, increased appetite
- Decreased complaints of pain
- Decrease in falls