

TO QUALIFY

Participants must be:

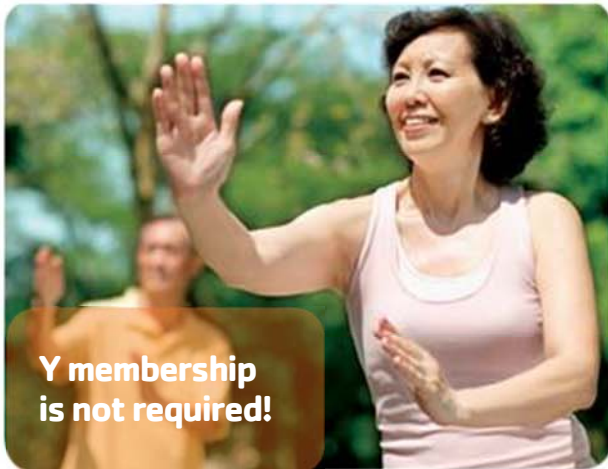
- **65 years or older**, physically mobile, with impaired stability and/or mobility
- **45 years or older with a chronic condition** that may impact stability and/or mobility

WHAT YOUR PATIENTS WILL ENJOY

- **12-week program which includes:**
 - 2 class sessions per week
 - 2+ hours of at-home practice per week
- A qualified instructor to teach them **therapeutic movements**
- A small group to help support them
- A safe and **comfortable environment** where they can learn and practice
- A convenient location in their community

WHAT YOUR PATIENTS WILL GAIN

- A positive **social experience**
- Improved **balance and stability**
- Improved **memory and cognition**
- Improved **muscle strength**
- Improved **self-confidence**
- **Reduced stress**
- Improved **flexibility**
- Improved **mental and emotional well-being**



To learn more about this program, contact:

Carley Hoelzel
Senior Director of Healthy Living
YMCA of Metropolitan Milwaukee
161 W. Wisconsin Ave., Suite 4000
Milwaukee, WI 53203
Ph: 414-274-0807 | Email: choelzel@ymcamke.org
www.ymcamke.org

231508 PHY 09/15 @ThinkStock/Fuse/Monkey Business Images/
Monkeybusinessimages/Purestock/IPGutenbergUKLtd

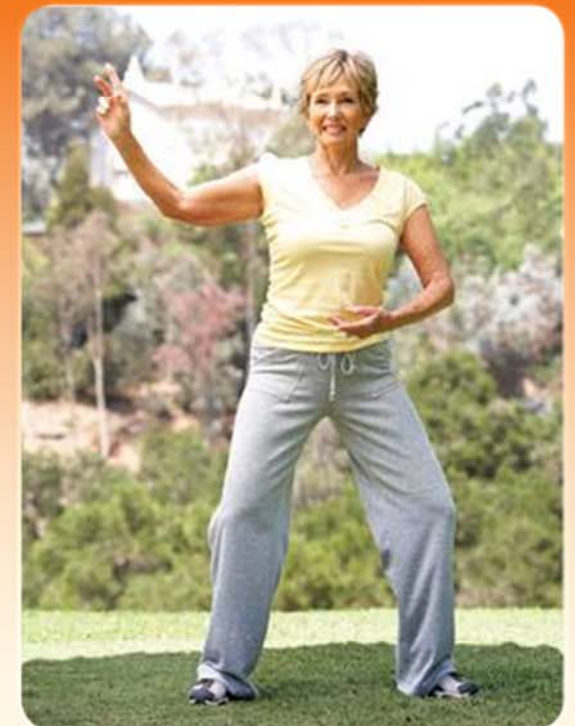


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOUR PATIENTS FEEL

STRONG
STEADY & SAFE

Moving For Better Balance
YMCA of Metropolitan Milwaukee



Independence is everything to your patients. When you have patients with impaired balance or limited mobility, one of your concerns as their trusted healthcare provider is to help them find solutions that will keep them steady on their feet. You understand the life-altering effects of a fall, and so do your patients.

The Y wants to help you help your patients remain strong, steady, and safe. Moving For Better Balance is **a 12-week evidence-based group program designed to help patients improve their strength, balance, flexibility, and mobility** through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

Moving For Better Balance is conveniently offered at locations in this community and a Y membership is not required for enrollment.



GROWING STRONGER AND REGAINING CONTROL

Limited mobility often leads to decreased independence. Many chronic conditions such as heart disease or diabetes may contribute to impaired balance and decreased mobility.

Among older adults, falls are the leading cause of both fatal and nonfatal injuries that may result in limited mobility. In 2013, 2.5 million adults were treated in the ER with falls-related injuries and up to 30 percent of those who fall suffer injuries severe enough to affect their ability to live independently. These incidents resulted in \$30 billion in direct medical costs in 2012.¹

Moving For Better Balance works to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, which leads to better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem.

Moving For Better Balance is conveniently offered at Ys in your community and includes two class sessions and two-plus hours of at-home practice per week.

Your patients will be surrounded by supportive people with common goals. The program's safe and supportive group setting allows participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.



EVIDENCE-BASED INSTRUCTION

Moving For Better Balance was developed by Fuzhong Li, PhD at the Oregon Research Institute with funding from the Centers for Disease Control and Prevention. **The Y program is led by a qualified instructor and teaches an eight-form routine of Tai Chi-based movements modified specially for falls prevention.**

Moving For Better Balance also helps those with chronic conditions. According to the CDC, each year more than 1.5 million Americans will have a stroke or heart attack, which may result in impaired balance and mobility. Research has shown that Tai Chi-based programs like Moving For Better Balance may aid rehabilitation for those age 45 or older with heart disease.² Research has also shown that participants in Tai Chi classes had fewer falls, fewer fall injuries, and their risk of falling was decreased by 55 percent.³



1. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Division of Unintentional Injury Prevention; 2. Taylor-Piliae, R. E., Silva, E., & Sheremeta, S. P. (2012). Tai Chi as an adjunct physical activity for adults aged 45 years and older enrolled in phase III cardiac rehabilitation. *European Journal of Cardiovascular Nursing*, 11(1), 34-43; 3. Stevens JA. *Compendium of Effective Fall Interventions: What Works for Community-Dwelling Older Adults*. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Injury Prevention (2010).