

DO YOU QUALIFY?

To participate in the program, you must be:

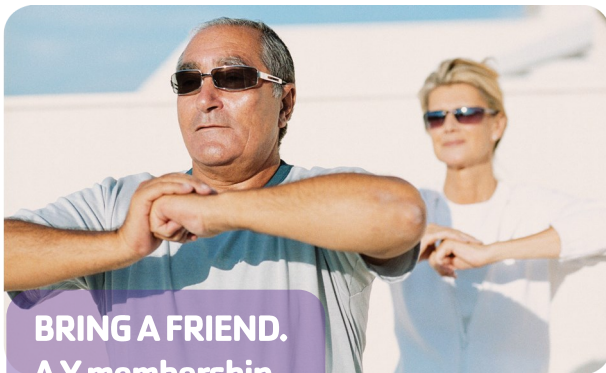
- **65 years or older**, physically mobile, with impaired stability and/or mobility
- **45 years or older with a chronic condition** that may impact stability

WHAT YOU 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 you **therapeutic movements**
- A small group to help support you
- A safe and **comfortable environment** to learn and practice
- A convenient location in your community

WHAT YOU WILL GAIN

- A positive **social experience**
- Improved **balance and stability**
- Improved **memory and cognition**
- Improved **muscle strength**
- Improved **self-confidence**
- **Reduced stress**



BRING A FRIEND.
A Y membership
is not required!

To learn more about this program, contact:

KAREN KALKHOFF

414-357-2811

kkalkhoff@ymcamke.org

ymcamke.org

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU FEEL **STRONG** STEADY & SAFE

Moving For Better Balance
YMCA OF METROPOLITAN
MILWAUKEE



Have you ever felt like you were going to fall? Feeling unbalanced or unsteady can prevent you from taking part in basic everyday activities like cooking a meal or taking a walk with a friend.

When you're hesitant to be active, you may feel like life is passing you by. Just the thought of the smallest misstep or slip produces a rush of uneasy feelings that literally stops you in your tracks.

Prevention is key. Older adults and those with chronic health conditions often feel like they must accept impaired balance and limited mobility—this is



GROWING STRONGER AND REGAINING CONTROL

A stumble can threaten your independence and your independence means everything.

To live a full and meaningful life, you have to have the strength and confidence to move about.



The Y offers **Moving For Better Balance**, a 12-week evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

MAINTAIN YOUR INDEPENDENCE

Limited mobility often times 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.

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.¹ **Research has also shown that participants in Tai Chi classes had fewer**

GET BACK TO LIVING

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 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 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. The program's safe and supportive group setting allows participants to enjoy learning with



1. 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; 2. 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).