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## How to Prevent Falls: Better Balance, Independence and Energy in Six Simple Steps

By Betty Perkins-Carpenter

Senior Fitness Inc, United States, 2006. Paperback. Book Condition: New. 5th. 226 x 183 mm. Language: English . Brand New Book. The new edition of How To Prevent Falls lays out a common sense, fun approach to improving both fitness and balance in senior citizens through a series of simple exercises. It offers seniors and the people who care for them a hands on and practical guidelines for fall-proofing themselves. Through it s simple descriptions and engaging illustrations by nationally known cartoonist Jim Whiting, the book first introduces a series of morning stretches and then balance exercises. Next, ball-handling exercises and multi-tasking all to increase confidence and capability. Finally, The Slump, a way to practice falling by slumping into a chair or bed, and Dancing with a Pillow, which puts together balance and movement, exercise and fun. Plus, an appendix full of tips, checklists, and resources. This book is different as it won t overwhelm you. The exercises are explained in a few clear sentences and have delightful drawings to follow step by step. Each chapter assumes you are a beginner and then is followed by an advanced version for you to try whenever you feel capable. It is not...



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