

Health Promotion and Education

Staying active is one of the most important things you can do for your health. Regardless of your age, abilities, or size, you can benefit from physical activity. Physical activity is good for your heart, brain, and reduces risk of disease.

Don't worry if it's been a while since you were active. It's never too late to get started.

Get Active

Try to be a little active each day. Start with activities that you enjoy or include your loved ones.

- Find a workout routine that you enjoy. It could be walking, jogging, or swimming.
- Set an alarm every hour to remind you to move around for a few minutes.
- Stretch before and after you exercise. This will keep you flexible and avoid soreness.
- Take the stairs instead of the elevator.
- Maintain a Healthy Diet
- Eat a well-balanced diet and drink plenty of water; Limit your alcohol intake.

- Reduce your sodium and sugar intake.
- Choose fresh fruits and veggies.

Maintain a Healthy Body Weight

- Try to get 150 minutes of moderate-intensity activity every week.
- Wear comfortable, well-fitting shoes to prevent foot injuries.
- Get plenty of sleep.

Benefits of Good Physical Health

- Reduce your risk of heart disease, type 2 diabetes and metabolism issues, and some cancers.
- Improves your ability to do daily activities and help prevent falls.
- Strengthens your bones and muscles.

Reference: Your Healthiest Self – Physical Wellness Checklist 2020, National Institute of Health – U.S. Department of Health and Human Services; Benefits of Physical Activity 2021, Centers for Disease Control and Prevention



Many people assume that losing bladder control and frequent falls is a part of getting older. It can happen at any time to anyone. The good news is, it can be managed and or treated. Loss of bladder control and frequent falls does not have to keep you from enjoying life. Work with your doctor to create a care plan that works best for you.

Urinary Incontinence Tips:

- Maintain a healthy weight. Extra weight or obesity can put pressure on your stomach & bladder.
- Stop smoking. Smokers are more likely to have chronic coughing, which decreases bladder control.
- Understand your medications. Talk with your doctor to see what medications could be causing bladder issues.
- Get active. Regular physical activity can tighten muscles and improve bladder control.
- Limit alcohol and drinks that have caffeine. These drinks can increase urine.

Fall Prevention Tips:

Keep Open Communication

- Be open and honest with your doctor. They are there to help you.
- Tell your doctor right away if you fell or if are worried about falling.
- Talk about your medications with your doctor. Some medications can cause dizziness.

Physical Activity

- Exercising can improve your balance and make your legs

stronger.

- Always talk to your doctor about what activity is safe for you.

Have Your Eyes and Feet Checked

- Make sure to have your vision checked every year.
- Have your doctor check your feet. Talk about what kind of socks or shoes you should wear.

Make Your Home Safer

- Remove any loose cords, boxes, or papers from walkways or stairs.
- Secure rugs with tacks, double-sided tape, or slip-resistant backing.
- Fix any loose flooring right away.
- Clean spills as soon as they happen.
- Use nonslip mats in your tub and/or shower.
- Put items you use every day in places that are easy to reach.

Resources: Mayo Clinic 2021

<https://www.mayoclinic.org/diseases-conditions/urinary-incontinence/in-depth/bladder-control-problem/art-20046597> Best Practices in Fall Prevention – Training Guide 2017, Agency for Healthcare Research and Quality Fall Prevention: Simple Tips to Prevent Falls 2019, Mayo Foundation for Medical Education and Research Important Facts About Falls 2017, Centers for Disease Control and Prevention, National Center for Injury Prevention and Control