



## **Fall Prevention Exercise Class for Older Adults (Beginner Level)**


This course focuses on **simple, safe, and effective exercises** to help older adults maintain joint flexibility and muscle strength, thereby **preventing falls, improving balance, and enhancing independence in daily living**.

### **Beginner Level (4 sessions)**

 **Duration:** 40 minutes per session

 **Maximum class size:** 4 older adults

 **Special requirement:** Participants must have basic independent walking ability (no assistance required)

 **Fee:** \$135 per person for 4 sessions (includes resistance band)

### **Course Focus**

- Gentle stretching and strengthening exercises
- Relaxing major muscle groups and improving joint mobility
- Improving step length and walking stability
- Reducing fall risk and strengthening lower-limb muscles

### **Main Exercise Content**

#### **Stretching Exercises**

- **Seated:** Hamstrings, gluteus maximus, upper neck muscles
- **Standing / Single-leg lunge:** Quadriceps
- **Seated / Standing:** Calf muscles, inner thigh muscles
- **Standing / Prone:** Quadriceps

#### **Strengthening Exercises**

- **Seated:** Upper neck muscle strengthening
- **Seated / Standing:** Upper back and overall lower-limb strengthening
- **Seated / Side-lying:** Resistance band training for lateral hip muscles
- **Standing / Supine:** Core (abdominal) strengthening

- **Standing / Prone:** Gluteus maximus strengthening

## **Movement Training**

- Correct gait training
- Beginner-level dynamic balance training



## **Advanced Level (3 sessions)**



**Duration:** 40 minutes per session



**Fee:** \$90 per person for 3 sessions



**Note:** Not suitable for frail older adults



## **Course Focus**

Combines **aerobic exercise** with **upper and lower limb coordination training** to comprehensively improve:

- Dynamic balance
- Cardiovascular fitness
- Whole-body coordination

This helps older adults stay active, improve physical fitness, and continue preventing falls.



## **Main Exercise Content (All Standing)**

- Basic stepping exercises
- Side-stepping exercises
- Leg curl exercises
- Diagonal forward / backward stepping
- Heel forward and backward movement exercises
- Cross-body knee lift exercises
- Integrated stepping combinations (Exercises 1–6)



## **Course Information**

**Organiser:** Oraia Physio, **Physiotherapist:** Vicky Mo (New Zealand Registered)