



“News from Wellness Program Falls Prevention Event”

Celeste Carlucci, founder of [Fall Stop...MOVE STRONG™](#) and the non-for-profit Senior Fall Prevention Institute, recently shared tips and knowledge of falls prevention to DOROT seniors. Here are some tips from her workshop...

We all want to avoid falling! Our attitude makes a huge difference. Similar to athletes, it is important to build strength while staying focused and committed to falls prevention. We're all fighting gravity— be diligent with what you can do for yourself!

**“We cannot prevent vision loss, hearing loss, or joint pain...
but we CAN build strength and muscle mass, become flexible, and remain active.”**

Safe Walking

- Walk with proper alignment by standing up straight, tightening your core and pulling in your abdominal muscles
- Stay focused and present while walking, do not multitask
- Feel your feet while walking heel-toe-heel-toe — don't shuffle
- Wear shoes with non-skid soles and a proper, snug fit
 - Celeste suggests a visit with Melvin Nelson at [Tip Top Shoes](#) (W. 72nd St.) for a proper shoe fitting

Slow Down

- Take your time, don't rush, and leave time to travel
- Wait for the light to cross the street — recall how much time it takes to recover from a fall
- When rising from bed or a chair, prepare your body to move
 - Pump your hands and feet or march in place

Fear of Falling

- Fear of falling can be limiting and debilitating
- Don't decrease activities because of your fear
- Push yourself a little at a time to build confidence
- Take classes to help and build your strength— stick with it

Register for Fall Stop...MOVE STRONG™ at the JCC

or try the program at home by purchasing a DVD at www.FallStop.net.

Check out DOROT's exercise classes and our wide variety of engaging workshops.