“Restoring Balance, Flexibility, Muscle Mass and Physical Vitality through the Stay Strong Stay Healthy and A Matter of Balance Programs”

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A Matter of Balance
What It Is?

A MATTER OF BALANCE is an award-winning, evidence-based program designed to manage falls and increase activity levels.
You Will Learn To.....

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance
What Do Sessions Look Like?

1: Introduction to Program
2: Exploring Thoughts & Concerns about Falling
3: Exercise and Fall Prevention
4: Assertiveness and Fall Prevention
5: Managing Concerns about Falling
6: Recognizing Fall-ty Behavior
7: Action Planning
8: Review
Why?

- Improve balance
- Increase muscle strength
- Builds Confidence
- Improve flexibility
- Strengthen bones
- Relieves arthritis

- Social support group
- Reduce stress
- Home modifications
- Assertiveness
Demo Time
Stay Strong, Stay Healthy

- An evidence-based strength training program
- 8-week program
- 2 times a week
Why?

- Build Muscle
- Increase Bone density
- Prevent Frailty
- Prevent Osteoporosis
Benefits

✔ Increase muscle strength
✔ Improve balance
✔ Enhance Flexibility
✔ Strengthen Bones
✔ Relieves Arthritis

✔ Lifts depression
✔ Reduce stress
✔ Reduce Risk for heart disease
✔ Social experience
✔ Weight Control
What Participants Say....

“I have so much more mobility and I can easily go up and down the stairs” Jackie from Clay County
Demo Time
QUESTIONS?