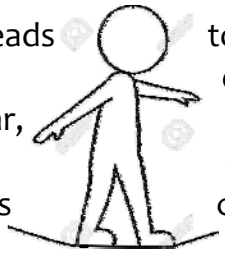
Week 4 - Improve Your Balance by Walking

According to the Harvard Medical School (Health Publications) the sense of balance typically worsens with age. It can be further compromised by certain medical conditions and medications, uncorrected vision problems, or a lack of flexibility.



Poor balance often leads to falls, which can cause head injuries and other disabling injuries. Hip fractures, in particular, can lead to serious health complications and threaten independence. A combination of activities such as walking, strength training, and specific workouts can improve balance and prevent falls, especially in older adults.

Walking helps build lower-body strength, an important element of good balance. Walking is safe exercise for most people and, in addition to improving balance, counts toward your aerobic activity goals. If health problems make walking especially difficult for you, a physiatrist or physical therapist can suggest other options.

A good walking plan should be designed to safely boost physical activity whether you're sedentary or fairly active. **The minutes count, not the miles.**