

Classes in Richland County

Class is appropriate for ● low fall risk ● moderate fall risk ● high fall risk individuals

At The OhioHealth Ontario Health and Fitness Center:

- + **Balance Training:** ●●● Improving your balance through exercise helps prevent falls through better posture, greater strength, improved agility and coordination, and increased self-confidence. We offer a variety of classes for beginner, intermediate, and advanced levels.
- + **Gentle Yoga:** ●●● This Hatha yoga class is designed to enhance muscular strength and range of movement, as well as improve mental clarity and minimize stress.
- + **Tai Chi for Health and Fall Prevention:** ●●● Tai Chi is an ancient Chinese art of gentle, flowing movement, known for its health benefits. Regular practice can prevent pain and stiffness, lower blood pressure, improve balance and increase energy. This class is open to all ability levels, and a seated introductory version is available.
- + **Strengthen and Stretch:** ●●● Improve your muscle tone and range of movement in this class that is open to all ages and abilities. You will spend 30 minutes on strength exercises, followed by 15 minutes of stretching.
- + **Yoga for a Healthy Back:** ●●● This yoga class is designed to reduce chronic back pain and fatigue through a series of stretching and strengthening exercises that target the postural muscles of your body.
- + **SilverSneakers Classic:** ●●● Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living. Handheld weights, elastic bands and weighted balls are used for resistance, and a chair can be used for sitting or standing support.
- + **SilverSneakers Yoga:** ●●● This class will move your whole body through a complete series of seated and standing yoga poses with optional chair support. The poses help increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

- + **Aqua Arthritis:** ●● This warm water, joint-safe exercise program uses gentle movements to improve functionality.
- + **WaterWorks:** ●●● This is the ideal class if you are looking for a low to moderate intensity aerobic workout (20 minutes), with a heightened focus on body movement, muscle conditioning, balance and stretching.
- + **Delay the Disease:** ●●● OhioHealth's signature program designed to empower people living with Parkinson's disease.

At the OhioHealth Wellness and Prevention Center:

- + **Balance and Agility:** ●●● Improving your balance through exercise helps prevent falls through better posture, greater strength, improved agility and coordination, and increased self-confidence. We offer a variety of classes for beginner, intermediate, and advanced levels.
- + **Sensible Stretching:** ●●● Using safe and gentle stretches to improve flexibility and range of motion, this 20-minute class works head-to-toe, targeting the joints and surrounding musculature of the entire body.
- + **Sweat to Outsmart Stroke:** ●●● Designed specifically for stroke survivors, this 30-minute, express version of our Sweat to Outsmart Stroke classes will enhance recovery and help you improve both function and fitness.
- + **Active Senior:** ●● Remain active and independent by increasing muscle strength, range of motion and functional movement. A variety of handheld weights, elastic bands and body weight exercises will be used to challenge you and improve balance, coordination and overall fitness.
- + **Senior Cardio:** ●● Join us for a 25-minute workout on the fitness floor using a variety of cardio equipment.
- + **Yoga—Pilates Fusion:** ● Using movements derived from both yoga and Pilates, this fusion program is built around a series of exercises designed to increase strength, flexibility and balance across your entire body.

Classes are subject to change and current schedules are available at: OhioHealth.com/Locations/Health-and-Fitness/



Community Resources

OhioHealth and all our community partners in Richland County want to help you live your best life and stay independent. These local resources can provide you with assistance. Call or visit their websites for additional information.

OhioHealth Ontario Health and Fitness Center

1750 West Fourth Street
Ontario, Ohio 44906

OhioHealth.com/OntarioFitnessCenter
(419) 526.8900

Accepts SilverSneakers, Silver & Fit, AARP

OhioHealth Wellness and Prevention Center

335 Glessner Avenue
Medical Office Building, Fourth Floor
Mansfield, Ohio 44903

OhioHealth.com/WellnessAndPreventionCenter
(567) 241.7200

Accepts SilverSneakers, Silver & Fit, AARP

Ohio District 5 Area Agency on Aging

2131 Park Avenue West
Ontario, Ohio 44906

AAA5Ohio.org
(419) 524.4144 | 1 (800) 860.5799

Content sources:

CDC: CDC.gov/HomeAndRecreationalSafety/Falls/AdultFalls.html

STEADI Initiative: CDC.gov/STEADI

STEADI Patient Materials: CDC.gov/STEADI/Patient.html

National Council on Aging Falls Prevention:

NCOA.org/Healthy-Aging/Falls-Prevention/

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THESE PARTNERS ALSO OFFER EXERCISE CLASSES PROMOTING AN ACTIVE LIFESTYLE:

- + SilverSneakers.com
- + Senior Centers
- + SilverAndFit.com
- + YMCA
- + Community Centers

You can prevent falls, and the OhioHealth Injury Prevention program is here to help.



OhioHealth Trauma Injury Prevention

How You Can Prevent Falls



A simple fall can change your life.

That's why we developed the OhioHealth Injury Prevention program. You'll learn how to decrease your risk of falling so you can live a full and active life.

You may be at risk for falls if you have:

- + Lower-body weakness.
- + Vitamin D deficiency.
- + Difficulties with walking and balance.
- + Medication, such as tranquilizers, sedatives, or antidepressants.
- + Vision problems.
- + Foot pain or poor footwear.
- + Home hazards.

Falls in Ohio result in:

1 EMERGENCY DEPARTMENT VISIT EVERY FIVE MINUTES.

2 HOSPITALIZATIONS EVERY HOUR.

3 FATALITIES DAILY.

The good news is that falls are preventable, and the OhioHealth Injury Prevention program can help.

Preventing Falls

ESTABLISH RELATIONSHIPS WITH TRUSTED HEALTHCARE PARTNERS.

Talk to your doctor if you:

- + Have any trouble doing daily activities.
- + Worry about falling or feel unsteady.

Review your medications with your doctor.

- + Maintain a current list.
- + Ask which medications increase your risk of falling.
- + Talk about any side effects, like sleepiness or dizziness.
- + Ask if taking vitamin D supplements with calcium could improve your bone, muscle and nerve health.

Get yearly eye examinations.

- + Tell your provider about any vision changes.
- + Make certain your eyewear is up to date.

FIND A DOCTOR!

Visit OhioHealth.com/FindADoctor or call (614) 4-HEALTH (443.2584) to find a physician.

TRY THESE TIPS DAILY.

- + Get up slowly after sitting or lying down. Dizziness, for whatever reason, is a major cause of falls.
- + Avoid going barefoot, wearing slippers or flip-flops.
- + Wear footwear that fits well, with firm heels for stability and textured soles to prevent slipping.
- + Use a walking aide (trekking pole, cane or walker) for added stability, especially when on uneven ground.
 - Attend one of our fall prevention workshops to learn more about walking aides. During A Matter of Balance and Stepping On, a physical therapist explains how to measure for assisted devices and correct usage.

KEEP MOVING!

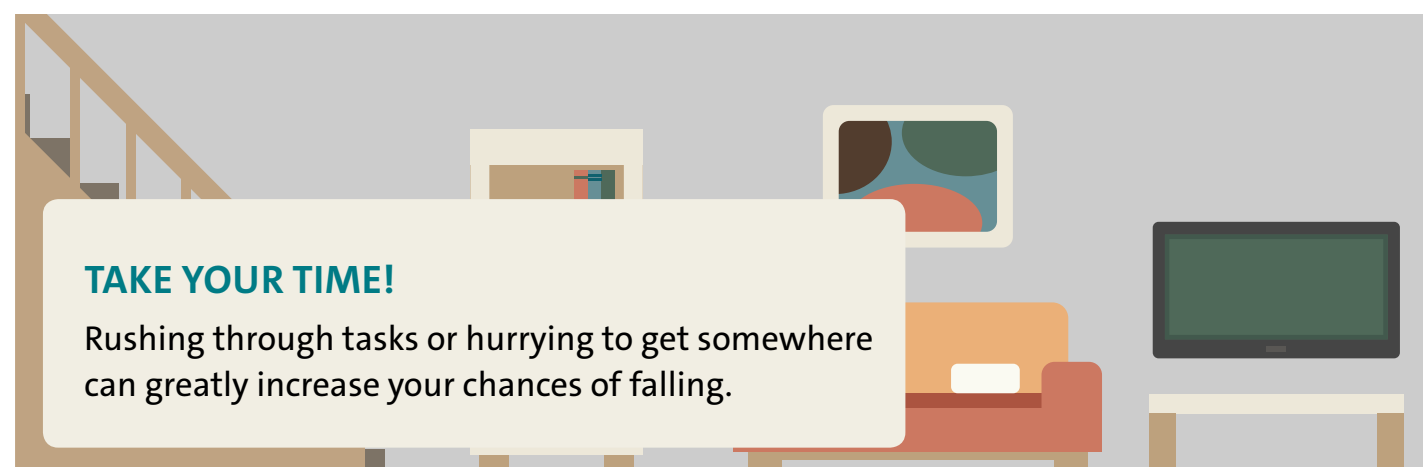
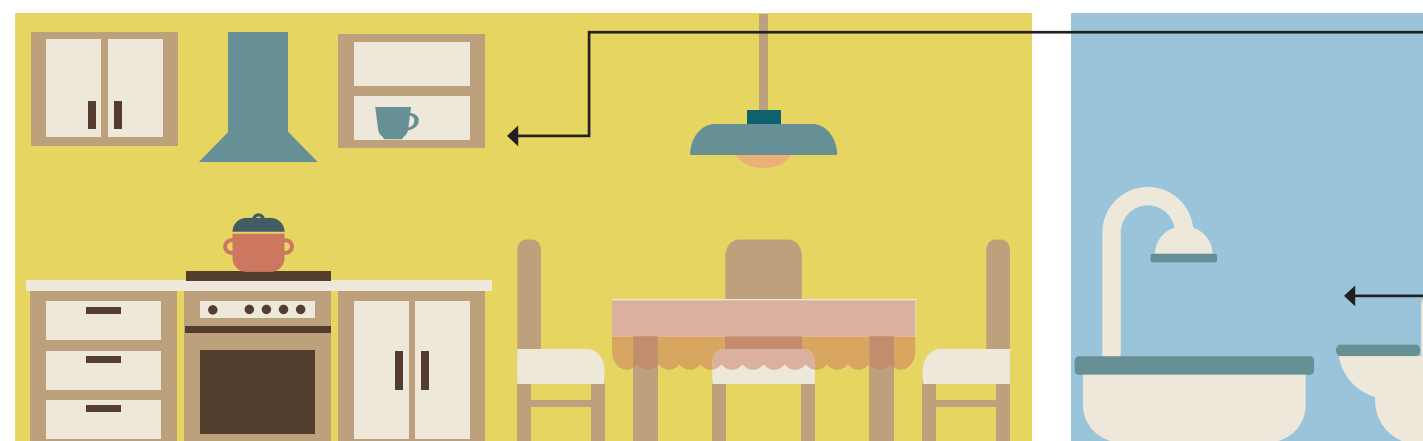
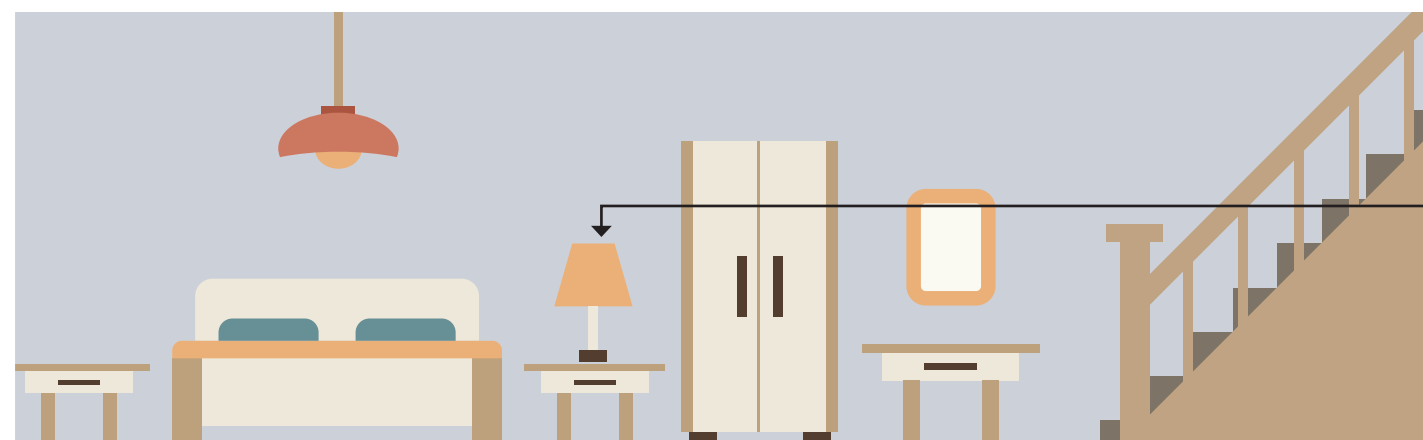
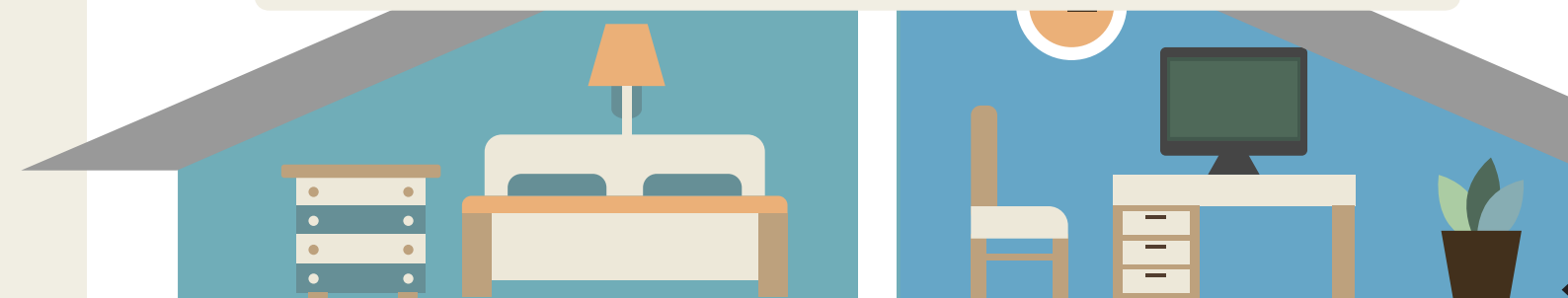
Staying active, and focusing on activities that strengthen your legs and improve your balance, are some of the best things you can do to prevent falls.

Our program includes many opportunities for you to build strength, balance, flexibility and coordination, and it is always evolving to meet your needs. We offer:

- + Fall prevention workshops
- + Tai Chi
- + Yoga
- + Water workouts

Home Safety

Falls often happen because of hazards that are easy to overlook, but also easy to fix. This checklist can help you make your home safer.



Floors

- Remove rugs, or use double-sided tape or nonskid backing.
- Pick up things on the floor to avoid tripping.
- Arrange furniture so there is a clear path for walking.
- Coil or tape wires next to the wall.

Stairs and Hallways

- Fix loose or uneven steps.
- Fix loose handrails or put in new ones. Make sure handrails are on both sides of stairs.
- Install lighting and switches at the top and bottom of stairs.
- Keep stair and hallways clear of objects.

Bedroom

- Lighting is important! Place a lamp close to your bed within easy reach.
- Install night lights to help you see the path you are walking.
- Keep items off the floor to ensure a clear path.

Kitchen

- Keep items you use often on lower shelves.
- If you need a step stool, use one with a bar to hold onto. Never use a chair to stand on, since they can slide or tip.

Bathroom

- Put a nonslip, rubber mat or self-stick strips on the floor of the tub or shower.
- Install grab bars for support getting in and out of the shower, or up from the toilet.
- Consider a sturdy shower chair or elevated toilet seats.

Other Home Safety Tips

- Carry a cordless phone or cell phone at all times in case you need to call for help.
- Consider wearing an alarm device in case you fall and can't get up.
- Keep emergency numbers in large print near each phone.



Fall Prevention Workshops

STEPPING ON

Over the course of this seven-week program, participants learn exercises and strategies proven to reduce falls and increase confidence. Participants meet for two hours each week. Located at the OhioHealth Ontario Health and Fitness Center. Call (419) 526.8900 for more information.

MATTER OF BALANCE

Using goal setting techniques, participants increase their activity level, improve strength and balance, and overcome concerns about falling. Participants meet for two hours each week over the course of eight weeks. Locations vary. Call (419) 520.2897 for more information.