

# FallProof

**balance &  
mobility  
training**



A multidimensional approach to  
the assessment and treatment  
of balance-related problems

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## *FallProof Participants' Testimonials*

"One's hope is to age with as much dignity and as much grace as possible. This well-structured and excellently taught course gives useful strategies and bolsters the confidence needed to achieve that goal."

"While I don't fit into the normal mold for AOA (I am 58 but have a balance problem) I found this class very helpful. Because of the variety of motions we covered in class, it enabled me to better identify the ones I have problems with. The instructor was great, very supportive and encouraged people to challenge themselves without pushing them."

"Great Program  
Super instructor  
Lots of fun and lots of laughs  
Leave with better balance!"

"I want to say that I am very happy I signed up for this class. In every class you do a whole lot of things that are very helpful."

"I can't tell you (again) how thankful I am that I was able to take this class - it is really helping!"

*fallproof*

# FallProof

A balance & mobility training

FallProof™ is scientifically tested and shown to improve balance and mobility and to reduce the risk of falls.

## features

Structured and progressive program of activities specifically designed to address the multiple dimensions that contribute to balance and mobility.

- Screening with Pre and Post Assessment Testing
- Center of Gravity Control Training
- Multisensory Training
- Postural Strategy Training
- Gait Pattern Enhancement & Variation Training
- Strength & Flexibility Training



FallProof™ was recognized in 2003 by the National Council on Aging as one of seven exemplary model programs promoting healthy aging and improved quality of life.

## benefits

The FallProof™ program has been *proven to reduce the risk of falling* in participants who have completed one or more rotations of the program.

Each participant will enjoy full participation. All the activities can be modified to accommodate individual capabilities.

The goal of FallProof™ is to:

- Improve **postural** alignment
- Increase limits of **stability**
- Improve integration of **sensory** information
- Increase **confidence**
- Improve **performance** of activities of daily life
- Heighten **awareness** of risk factors and circumstances
- Improve walking ability
- Improve ability to **recover** from loss of balance

*Help yourself maintain the fullest possible participation in life's activities with less fear of injury.*

## eligibility

*You are a FallProof™ candidate if you:*

- Exhibit balance impairments, have a history or fear of falling, are frail, or restrict your activities due to your fear of falling
- Feel unstable during daily activities
- Suffer from medical conditions that compromise your balance and mobility
- Are able to stand independently for a minimum of two minutes
- Are able to safely walk a distance of 200 feet without the use of any assistive device
- Have no cognitive impairment likely to adversely impact your judgment and/or decision making abilities
- Do not have any unstable medical condition (e.g., uncontrolled diabetes, cardiovascular disease, high blood pressure or asthma)

## contact

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