



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOUR PATIENTS FEEL STRONG STEADY & SAFE Moving For Better Balance



Reducing Risk of Falls

When you have patients with impaired balance or limited mobility, one of your concerns as their trusted healthcare provider is to help them find safe solutions that will keep them strong, steady and safe.

The Y offers **Moving For Better Balance**, a 12-week evidence-based group program designed to help your patients improve their strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi.

Research has shown that Tai Chi-based programs like Moving For Better Balance may aid rehabilitation for those age 45 or older with heart disease,¹ and participants in Tai Chi classes had fewer falls, fewer fall injuries, and their risk of falling was decreased by 55 percent.²



A Y membership is not required.
**TO LEARN MORE ABOUT THE PROGRAM
OR TO REFER YOUR PATIENTS CONTACT:**

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[YMCA] and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA") are committed to supporting healthy lifestyles through the Moving For Better Balance program but do not guarantee any specific outcomes for program participants.

1. Taylor-Piliae, R. E., Silva, E., & Sheremeta, S. P. (2012). Tai Chi as an adjunct physical activity for adults aged 45 years and older enrolled in phase III cardiac rehabilitation. *European Journal of Cardiovascular Nursing*, 11(1), 34-43; 2. Stevens JA. *Compendium of Effective Fall Interventions: What Works for Community-Dwelling Older Adults*. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Injury Prevention (2010).