

## Agenda and Objectives

1. Welcome & outline — review today's agenda
2. Review the homework
3. Reflections of a former participant on barriers & achievements
4. Hip protectors
5. Navigating in inclement weather
6. Exercises

### **BREAK**

7. Getting out and about
8. Homework

### **The main objectives of this session are:**

1. To keep advancing the exercises and make them a part of my daily routine.
2. To hear what a former participant learned from the program and how the person used it in daily life.
3. To understand how hip protectors can protect against hip fracture.
4. To learn how different weather conditions could lead to a fall and learn ideas that would help with moving around outdoors.
5. To practice moving around in the community in a safe and supportive way.



**Exercise Log**

Name \_\_\_\_\_

Week (please circle the week number — circle one)

1 2 3 4 5 6 7

**Check — if I did my exercises this week**

**Balance Exercises** (daily):

Monday  Tuesday  Wednesday  Thursday

Friday  Saturday  Sunday

**Strength Exercises** (3 times a week — be sure you have one day of rest between strength exercises):

Monday  Tuesday  Wednesday  Thursday

Friday  Saturday  Sunday

