



# CHAMPLAIN STAY ON YOUR FEET PROGRAM<sup>®</sup>

## WHICH EXERCISE PROGRAM IS BEST FOR YOU?

### I have a **HIGH** activity level if I answer **YES** to:

I have few worries about my balance

I am able to exercise at least twice a week which include:

- Getting stronger
- Improving my balance and flexibility
- Increasing my endurance activities that increase my heart rate (such as a brisk walk)

**Goal:** To maintain or improve fitness level

### I have a **MEDIUM** activity level if I answer **YES** to:

I am worried about my balance

I can do all of the following:

- Stand on one leg for 2 seconds
- Climb 10 stairs
- Stand for 20 minutes
- Walk 1 block without losing my breath or sitting down

**Goal:** Improve strength and balance, so I can move around more easily

### I have a **LOW** activity level if I answer **YES** to:

I am afraid of falling

I have difficulty with:

- My balance
- Getting out of a chair
- Walking (I may need a walking aid like a cane or a walker)

**Goal:** To be more mobile, steady and able to be more independent

Talk to your healthcare provider (e.g. your family physician) and complete the Staying Independent Checklist.