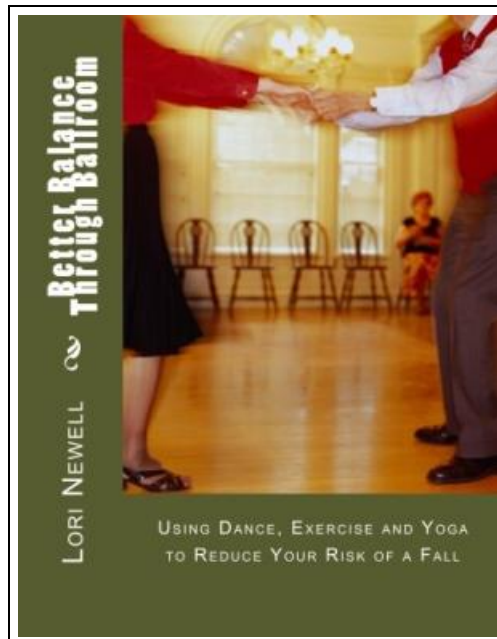


Better Balance Through Ballroom: Using Exercise, Yoga and Dance to Reduce Your Risk of a Fall



Filesize: 9.72 MB

Reviews

Absolutely essential study publication. Sure, it is enjoy, nonetheless an amazing and interesting literature. I realized this book from my dad and i suggested this pdf to find out.

(Justus Abbott)

BETTER BALANCE THROUGH BALLROOM: USING EXERCISE, YOGA AND DANCE TO REDUCE YOUR RISK OF A FALL

DOWNLOAD



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 208 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. Each year one out of every three individuals over age 65 will fall. Falls can lead to broken bones, head injuries and a loss of independence. In some cases a fall may lead to losing ones home and having to move to a nursing home. However, falls are not a normal part of aging and most are not accidents. Falls are not random, uncontrollable acts of fate, but rather occur in predictable patterns, with recognizable risk factors and among identifiable populations. A fall is not only a predictable event but a preventable one. To fully reduce the risk of a fall it is important to develop a comprehensive program that addresses all risk factors. This includes education in how changes in vision, changes to the home environment, the use of assistive devices, clothing choices, medication usage and a fear of falling can all increase a persons risk. Learning about solutions to address the above risk factors can provide a sense of control over ones situation and help lessen the risk of a fall and serious injury. Education on reducing risk factors must be combined with a comprehensive exercise program that addresses balance, strength, flexibility and overall endurance. This requires a program that includes a variety of exercises and movements. Ballroom dancing combined with gentle yoga poses and strengthening exercises for the core and legs can provide such a workout. Dancing is more fun and uplifting than traditional exercise and it can address balance issues in a very unique way. Dancing helps to improve body awareness and provides techniques that can help students learn to both recognize when they are at risk for a fall and how to stop...



[Read Better Balance Through Ballroom: Using Exercise, Yoga and Dance to Reduce Your Risk of a Fall Online](#)



[Download PDF Better Balance Through Ballroom: Using Exercise, Yoga and Dance to Reduce Your Risk of a Fall](#)

See Also



Absolutely Lucy #4 Lucy on the Ball A Stepping Stone BookTM

Random House Books for Young Readers. Paperback. Book Condition: New. David Merrell (illustrator). Paperback. 112 pages. Dimensions: 7.4in. x 5.1in. x 0.4in..Ilene Coopers fourth story of a boy and his beagle takes Bobby and Lucy...

[Read PDF](#)

»



The Stories Julian Tells A Stepping Stone BookTM

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in..Julian is a quick fibber and a wishful thinker. And he is great at...

[Read PDF](#)

»



Eagle Song Puffin Chapters

Puffin. Paperback. Book Condition: New. Dan Andreasen (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 4.9in. x 0.3in..A contemporary middle grade story about confronting bullying and prejudice Danny Bigtrees family has moved to Brooklyn, New York,...

[Read PDF](#)

»



Viking Ships At Sunrise Magic Tree House, No. 15

Random House Books for Young Readers. Paperback. Book Condition: New. Sal Murdocca (illustrator). Paperback. 96 pages. Dimensions: 7.4in. x 4.9in. x 0.2in..Jack and Annie are ready for their next fantasy adventure in the bestselling middle-grade...

[Read PDF](#)

»



God Loves You. Chester Blue

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in..BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE!A charming book about a mysterious bear that shows...

[Read PDF](#)

»



Studyguide for Introduction to Early Childhood Education: Preschool Through Primary Grades by Jo Ann Brewer ISBN: 9780205491452
2011. Softcover. Book Condition: New. 6th. 8.25 x 11 in. Never HIGHLIGHT a Book Again! Includes all testable terms, concepts, persons, places, and events. Cram101 Just the FACTS101 studyguides gives all of the outlines, highlights,

[Save](#) [ePub](#)

»



Accused: My Fight for Truth, Justice and the Strength to Forgive

BenBella Books. Hardback. Book Condition: new. BRAND NEW, Accused: My Fight for Truth, Justice and the Strength to Forgive, Tonya Craft, Mark Dagostino, This is the true story of a woman who prevailed against the

[Save](#) [ePub](#)

»



Tax Practice (2nd edition five-year higher vocational education and the accounting profession teaching the book)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 282 Publisher: Higher Education Pub. Date :2009-01-01 version 2. This book is

[Save](#) [ePub](#)

»



Scholastic Discover More Penguins

Scholastic Reference. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 10.0in. x 8.0in. x 0.4in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the

[Save](#) [ePub](#)

»



The Secret Life of Trees DK READERS

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.This Level 2 book is perfect for children who are beginning to read alone. Why do trees lose their leaves in

[Save](#) [ePub](#)

»