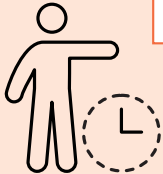

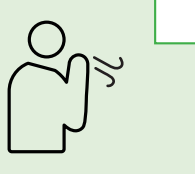

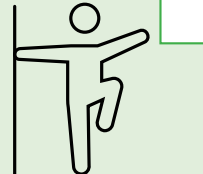


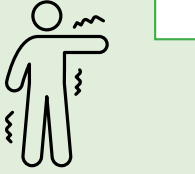

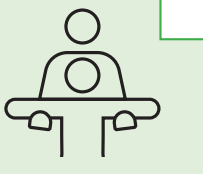


BALANCE EXERCISE INTENSITY – HOW HARD ARE YOUR BALANCE EXERCISES?

Balance exercise training is especially important as people age to maintain independence and reduce the risk of falls. Current recommendations for adults over the age of 65 is to participate in at least 2 hours per week of balance exercises at a moderate to high level of balance challenge, what we call balance exercise intensity.

What you might notice if you are exercising at higher balance training intensity

BEFORE YOU START		WHILE YOU EXERCISE		
 <p>You pause or hesitate before starting the exercise.</p>	 <p>You need help from someone to get into position to start the exercise.</p>	 <p>You notice your breathing changes as you do the exercise (rate increases, or hold your breath)</p>	 <p>You need to take one or more steps to keep your balance during the exercise</p>	 <p>You need to move your arms or grab and hold something to keep your balance during the exercise</p>
 <p>You need to hold onto something to get into position to start the exercise</p>	 <p>You need more than one try to get into position to start your exercise</p>	 <p>You feel yourself holding any part of your body stiff or rigid to keep your balance during the exercise</p>	 <p>You feel unsteady during the exercise</p>	 <p>Someone else needed to help you regain your balance during the exercise</p>

How you can rate the intensity of your balance exercises

Use this scale to rate the difficulty of your balance exercises. Choose the number that matches how hard you worked to keep your balance during exercise.

GLOBAL RATING SCALE OF BALANCE EFFORT	1	2	3	4	5
How hard did you have to work to keep your balance during this task? It was ...	No effort at all	A little effort	Some effort	A lot of effort	Maximal effort

Adapted from Open Access article: Farlie, M. K., Keating, J. L., Molloy, E., Bowles, K.-A., Neave, B., Yamin, J., . . . Haines, T. P. (2019). The Balance Intensity Scales for Therapists and Exercisers Measure Balance Exercise Intensity in Older Adults: Initial Validation Using Rasch Analysis. *Physical Therapy*, 99(10), 1394-1404. doi:10.1093/ptj/pzz092/5531450. Oxford University Press.