

# QUILTS FROM THE HEART

A Public Benefit Nonprofit Corporation

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## **Walk Safely and Keep on Quilting!**

**By Sandy Burroughs**

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There are things we can do to prevent some of those falls. I have been participating in an exercise class through the Auburn Senior Center. The title of the class is Stay Active and Independent for Life (SAIL). This class focuses on strength building, balance and aerobic activity. The purpose is to keep people safely mobile as they age.

Here are some things I have learned to do. Because I have developed unsafe habits, they require some concentration to change.

First, we walk with our shoulders and heads thrust forward. That means that when we trip much our weight is already ahead of our center of gravity and ready to propel us downward.

Instead pull your hips forward, tighten your core muscles, hold your head up and your shoulders back.

We can get in the habit of barely picking up our feet when we walk. Practice walking and concentrate on pretend or real stepping over small things and slightly larger things.

Even when we pick up our feet our toes can droop. The muscles that pull up our toes are in the shin area. You can build strength here by flexing your feet. You can also spend some of a walk exaggerating pulling up your toe when you lift your foot.

Finally, almost everyone described falls that occurred when carrying objects. We need to be extra careful and watchful of our footing when our hands and minds are otherwise occupied.

You can find more information at the SAIL site: <https://www.sailfitness.org> or the Department of Health site:

Of course, if you are having issues with balance, which can cause falls, be sure to check with you doctor.

Stay safe and keep on quilting!!