

How do I know if Falls Boot Camp is right for me?

- Have you ever fallen or are you concerned you might fall?
- Do you have a neurological condition?
- Do you want to improve your balance, gait, and cognition?
- Do you like achieving goals in a team setting?

What are the benefits of exercise?

Exercise plays a key role in preventing falls through the improvement of

- Safe walking
- Strength
- Stamina
- Balance
- Coordination
- Power output
- Multi-tasking
- Memory
- Reaction time

And so much more!

What do people say about Falls Boot Camp?



I have not had any falls since attending Falls Boot Camp. I've learned so much more here than anywhere else about how to manage my Parkinson's.



— Veteran testimonial about
Falls Boot Camp

Diffusion of
EXCELLENCE >>>>>>>
Diffusing Promising Practices Across VHA

VA

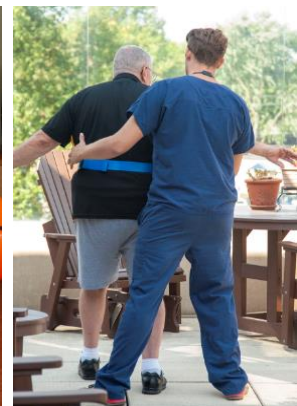
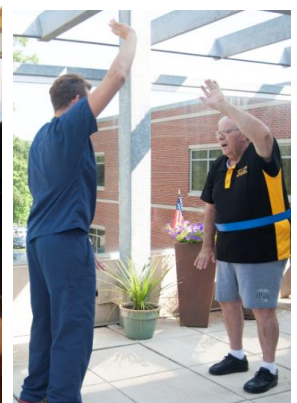


U.S. Department
of Veterans Affairs

FALLS BOOT CAMP



**Come join our team and
prevent falls with us today!**



Why Should I Be Concerned?

Over 800,000 patients a year are hospitalized because of a fall injury. A fall can negatively impact aspects of your daily routine. A fall, especially a serious one, might make it difficult for you to get around or live on your own.

Falls lead to...

- Depression
- Limited Activity
- Broken Bones
- Loss of Independence



It is important to work towards preventing fall injuries because **falls harm everyone.**

I'm worried I might be at risk for falling. What can I do to prevent a fall?

Join our Falls Boot Camp! This is an 8-week long session designed to help Veterans who are at-risk of falling. Each class during the Boot Camp has stations where you will perform:



Boxing



Wii, Obstacle Course, Tai Chi



Cognitive Function and Multi-tasking



Walking to the Rhythm of Music

Each session is one-hour, and the group size is kept small so that Veterans receive personal attention from the staff.

After class, each Falls Boot Camp participant receives a home program to continue to work towards personal goals.



Does my facility offer Falls Boot Camp?

Yes! Please join us!

Class Schedule:

- Thursday from 10 - 11 AM in Building 7M

Contact:

- Becky Hayden, PT
515-699-5999 Ext 24584

Talk to your doctor to see if you would benefit from Falls Boot Camp!

