



Don't *Fall* Behind!

Regular physical activity is one of the most important things that you can do for your health. The *good news* is that you don't have to spend hours at the gym or purchase expensive equipment to meet the recommended physical activity guidelines! What's important is to find leisure-time physical activities that you *enjoy* and do them regularly.

If pain or a condition limits your ability to participate in activities you enjoy, or you want to reduce your risk for chronic diseases, enhance your fitness, and prevent injuries, consider adding a physical therapist to your health care team.

Physical therapists are *movement experts* who improve quality of life through hands-on care, patient education, and prescribed movement.

APTA North Dakota

**Quality Assurance
Committee**

Quarter 3 2020 Bulletin

*Choose more movement. Choose better health.
Choose **physical therapy**.*



Check for safety

<https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf>



Stay independent

<https://www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf>



Prevent falls

<https://www.cdc.gov/steady/pdf/STEADI-Brochure-WhatYouCanDo-508.pdf>

Keep an eye out for our committee members on our Facebook page “**APTA ND**” for live demonstrations on how to stay strong and prevent falls!

Clinician Update!

- 22.3% of adults in North Dakota said that they don't take part in any physical activity (2019)
- More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities
- More than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth

Experts recommend that older adults engage in moderate exercise for at least 30 minutes five days a week and muscle-strengthening activities for two or more days a week that work all major muscle groups. Most adults do not realize that the loss of strength that comes with aging affects your independence. Losing the ability to live in your own home, perform normal daily activities, spend quality time with family and especially grandchildren is not apparent until it is too late. Other over-looked factors are the *cost* of personal care, nursing homes, assisted living facilities that can add up due to loss of strength from *lack of strength and physical activity*.

<https://www.choosept.com/resources/detail/state-by-state-look-at-physical-inactivity>

“Less than 5% of adults participate in 30 minutes of physical activity each day; only one in three adults receive the recommended amount of physical activity each week. ... by 2030, half of all adults in the United States will be obese.”

<https://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html>

Facts to Encourage Movement

<https://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html>

Programs for Your Patients

<https://www.ncoa.org/center-for-healthy-aging/basics-of-evidence-based-programs/physical-activity-programs-for-older-adults/>

Physical Therapist Health Tips

<https://www.choosept.com/tips>