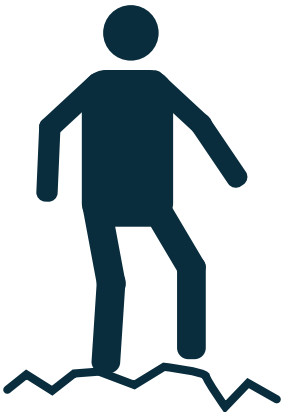




**BC Forest Safety**

Safety is **good** business

# AGE RELATED CHANGES IN BALANCE & AGILITY



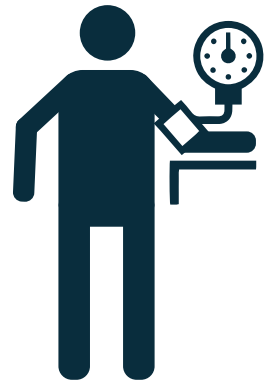
- **Good balance and agility help you move safely on unpredictable surfaces**



- **Reset posture and engage core muscles frequently to help lower your risk of injury and avoid falls**



- **Lower fitness level, increased body weight and old injuries can lead to poor balance and agility**



- **More serious reasons for loss of balance could be inner ear problems, high blood pressure, diabetes and even stroke**