**Stepping On: Preventing Falls Workshop**

**What:** Join LFC Director Ayla Donlin as she shares important information about balance and strength exercises, vision and falls, footwear, home safety, and medication management strategies!

**When:** Wednesday, September 9th @ 12-1 pm

**Where:** The Learning Center @ the LifeFit Center (KIN 106A)

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**Introducing Tai Chi Movement for Better Balance**

Sign up today for a brand new class offered at the LFC – Tai Chi Movement for Better Balance (TCMBB)! Taught by beloved OLLI instructor David Hennage, this class is specifically designed to improve balance and reduce the risk of falls.

**What:** TCMBB is an 8-week class. To register, see the Service Desk & pay a $10 registration fee. Hurry to join us – space in this class is limited!

**When:** Every Friday at 9:30 - 10:30 am from September 25th thru November 13th

**Where:** KIN 110B

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**Reduce the Risks of Falling…**

**Personal:**
- *Exercise regularly* (best to work on agility, strength, balance, & coordination)
- *Wear appropriate shoes* (properly-fitted & laces tied)
- *Have your vision checked regularly*
- *Clean up clutter* (clear pathways in the home)
- *Understand your health & medications* (take as instructed by your doctor)
- *Keep your bones healthy* (get enough calcium & Vitamin D each day)

**Housekeeping:**
- *Better lighting at home* (especially by the stairs)
- *Install Grab Bars where they are needed in bathroom* (handrails)
- *Non-slip mats in bathrooms & kitchen*
- *Avoid running extension cords across pathways*
- *Use nonskid floor wax*
- *Place rubber mat inside the tub*
- *Keep flashlights nearby*
- *Choose to live in a 1-story residence*

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**If You Fall or Become Injured…**

- *Take a second to breathe; assess the situation; determine if you are hurt*
- *Slide or crawl along the floor to the nearest couch or chair & try to get up*
- *If you cannot get up, call for help*
- *If you are alone, slowly crawl to the telephone & call 911*
- *As soon as possible after injury, you can relieve pain & promote healing with RICE*

- **Rest:** protect injured or sore area
- **Ice:** 10-20 minutes at least 3 times a day
- **Compression:** with elastic bandage
- **Elevation:** At or above the level of your heart to help minimize swelling
**Director’s Message – Dr. Ayla Donlin**

Greetings LifeFit Members,

Happy beginnings to everyone! Fall 2015 begins at Long Beach State, the Fall Osher Lifelong Learning Institute (OLLI) Session begins October 5th, and we have new cohorts of Strength for Living up and rolling at LifeFit!

Our theme for September is Fall Prevention – a very important topic, and one that I have spent much time studying over the past year. Last June 2014, I was certified as a Stepping On Leader, and in January 2015, I led my first OLLI Stepping On course.

Stepping On is a 7-week research based, multi-faceted group program that is scientifically proven to reduce falls. The original study validating the Stepping On program was conducted in Sydney, Australia. The study was a 14-month randomized trial involving 310 older adults ages 70 and older who had either fallen in the previous 12 months or were concerned about falling. Participants who completed the study experienced a 31% reduction in falls. I am pleased to report that at the 3-month follow-up to my OLLI session, none of my participants reported a fall!

On Wednesday, September 9th at 12 pm, I will be presenting a Stepping On Workshop in the Learning Center. I am going to share information from the Stepping On program, including: balance and strength exercises, vision and falls, footwear, home safety, and medication management strategies. Please join me!

In Health,

Dr. Ayla Donlin
LifeFit Center @ The Beach Director

**Team Member of the Month – Juan Salazar**

Our Team Member for the month of September is Juan Salazar! Juan is a Fitness Option student who interned with us over Summer 2015 and will continue with us this Fall! You might see Juan in some of our group fitness classes – he is currently shadowing our instructors and is preparing to become a certified group fitness instructor soon! You can catch Juan’s positive energy up at the Service Desk on Monday and Wednesday mornings!

School’s Back – LifeFit Yearbook Contest!

In celebration of the start of the semester, we invite you to join us in sharing your greatest yearbook photos with the LFC!

From now until September 30, bring in a yearbook picture of yourself to post on one of our walls!

At the end of the month, our staff & interns will vote for the best photo. The winner will receive 1 month of free LFC membership!

You are welcome to bring in a photo, email it in, OR bring your yearbook and we will scan the photo. Emailed photos can be sent to emily.sopo@csulb.edu.

**Labor Day Closure**

In observance of Labor Day, the LifeFit Center will be closed on Monday, September 7th. We will reopen at 8:30 am on Tuesday, September 8th. Have a safe and happy holiday!

For any questions regarding the LifeFit Center's programs, please contact Assistant Director Emily Sopo at emily.sopo@csulb.edu or 562-985-2089.