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Fitness Instructor Helps Seniors Keep Their Balance

By: Cheryl Wills



It's estimated that every 18 seconds a senior citizen suffers a fall in the United States and a fitness instructor has a specialized routine that teaches people over the age of 65 how to keep their balance, especially during the winter months. NY1's Cheryl Wills has the story.

While the senior citizens in Jason Greenspan's "Balance Class for Seniors" may look light on their feet, just about all of them have horror stories about recent devastating falls.

One broke her jaw in two places, another broke her ankle and was in a wheelchair for a year. A third fell on the sidewalk.

They are all now taking Greenspan's class, which is specifically designed to prevent falls.

According to the Centers for Disease Control and Prevention, more than a third of adults over the age of 65 suffer falls that require medical attention.

Greenspan says it is sometimes due to a lack of flexibility.

"The more flexible you are around your hips, the better mobility you're going to have and the easier time you are going to have walking."

Greenspan is the founder of Practical Fitness & Wellness and he teaches seniors moves, like the one legged squat, and other strengthening exercises.

Phyllis Roth says a bad fall can be traumatic for women in particular.

"It knocks all the air out of you and it really does something to your self confidence," Roth says. "Then you begin to mince along. That's why these exercises are so important."

Greenspan reminds his clients that there's no quick remedy to preventing falls. As you age, you have to focus on your leg strength at least three or four times a week.

"I never would've thought of it before but now I'm very aware and try to be super careful," class participant Nancy Vale says.

Greenspan also makes housecalls to teach seniors how to balance themselves and prevent falls.

To learn more about the classes visit practicalfitnesswellness.com or call 646-573-9724.