

(Mobile book) Lifestyle-integrated Functional Exercise (LiFE) program to prevent falls: trainer's manual

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Lindy Clemson, Jo Munro, Maria Fiatarone Singh  
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## Lifestyle-integrated Functional Exercise (LiFE) program to prevent falls



Lindy Clemson, Jo Munro & Maria Fiatarone Singh

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The Lifestyle-integrated Functional Exercise (LiFE) program is a way of reducing the risk of falls by integrating

balance and strength activities into regular daily tasks. Unloading the dishwasher becomes an opportunity to improve strength. Brushing your teeth becomes an opportunity to improve balance. In the LiFE program, every daily task becomes an opportunity to improve balance and strength. This is a different approach to a traditional program where you would be required to complete a series of exercises a certain number of times a day for a set number of days each week. The trainer's manual outlines the principles of the LiFE program and provides a step-by-step guide for therapists and trainers to implement the program with their clients. It should be used in conjunction with the participant's manual so that the program is fully understood from both the trainer's and participant's perspectives.

About the AuthorLindy Clemson is professor of occupational therapy and ageing and co-director of the Ageing, Work Health Research Unit at the Faculty of Health Sciences, University of Sydney. She is a recognised international leader in research in enablement and environmental approaches to falls prevention. Jo Munro is a physiotherapist with a Master's degree in Health Science Education. She has been involved in the LiFE project since its inception and currently offers training and coaching. Maria Fiatarone Singh is a geriatrician and professor in Exercise and Sport Science at the University of Sydney. Her research, teaching and clinical career has focused on the integration and optimisation of exercise, nutrition and body composition for the prevention and treatment of disease and disability in older adults.