

**CONSUMER INFORMATION FOR EXERCISE DVDS THAT MEET THE
RECOMMENDED FALLS PREVENTION GUIDELINES**

DVD name	FallProof - Level 1
Where to find and order DVD on the internet	http://hhd.fullerton.edu/csa/CenterProducts/centerproducts_video.htm
Description of DVD	Simple balance, strength, and flexibility exercises for older adults experiencing significant mobility difficulties that limit daily activities. Combined seated and standing activities. Three different levels of difficulty for each exercise are demonstrated to allow you to customize the workout to your individual needs.
Instructor background	Kinesiologist
Class time spent on standing balance/strength exercises	40-60%
Individually tailored to participants and options to progress	Yes – options for difficulty and individualization include hand support (holding chair, hovering over chair, by side, crossed at chest), vision (eyes open or closed), stability of surface (sitting on duradisc or firm chair), size of base of support, elasticity of resistance bands.
Target groups	Lower functioning older adults
Equipment needed	Resistance band; chair; non-weighted ball; duradisc, dynadisc or pillow (optional)
Cost	\$20 for one DVD (\$45 for Levels 1-3)