

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

DVD name	FallProof - Level 2
Where to find and order DVD on the internet	http://hhd.fullerton.edu/csa/CenterProducts/centerproducts_video.htm
Description of DVD	Higher challenge program for older adults who have mastered level 1. 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	>80%
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), size of base of support and elasticity of resistance bands.
Target groups	Low-medium functioning older adults
Equipment needed	Resistance band; chair; ankle weights
Cost	\$20 for one DVD (\$45 for Levels 1-3)