

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

DVD name	FallProof - Level 3
Where to find and order DVD on the internet	http://hhd.fullerton.edu/csa/CenterProducts/centerproducts_video.htm
Description of DVD	This is the highest challenge within the FallProof program for older adults who have mastered levels 1 and 2. It primarily involves 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 seated or standing, hand support (holding chair, hovering over chair, by side, crossed at chest), vision (eyes open or closed), size of base of support, elasticity of resistance bands, and double or single leg stance.
Target groups	Medium-high functioning older adults
Equipment needed	Resistance band; chair; non-weighted ball; ankle weights
Cost	\$20 for one DVD (\$45 for Levels 1-3)