

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

DVD name	Older and Much Wiser Workout
Where to find and order DVD on the internet	http://olderwiserworkout.com/
Description of DVD	A gentle, safe workout that is perfect for beginners, particularly older beginners that have not been exercising regularly. It is designed to offer a slightly greater challenge to follow the Older and Wiser Workout. The DVD includes exercises for cardiovascular fitness, balance and strengthening. All exercises are done either standing up or sitting on a chair (No lying down on the floor). Different levels of difficulty for the exercises are discussed, enabling you to customize the workout to meet your individual needs.
Instructor background	Certified fitness professional and FallProof Master Instructor
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) and single or double arm and leg options for strength exercises. Three different levels of difficulty are demonstrated but they all require a high level of function.
Target groups	High functioning older adults
Equipment needed	Chair; resistance bands
Cost	\$24.95 for 1 DVD (\$57.00 for a series of 3 DVDs - Older and Wiser Workout, Older and Much Wiser Workout, and Fit at any Age)