

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

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| DVD name | Older and Wiser Workout |
| Where to find and order DVD on the internet | http://olderwiserworkout.com/ |
| Description of DVD | A gentle workout that is perfect for beginners or those who have not been exercising regularly. The DVD includes exercises for cardiovascular fitness, balance, coordination and strengthening. All of the exercises are done either standing 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 | 60-80% |
| 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), use of a weight or no weight, 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; hand weights; pillow (optional) |
| 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) |