

Spirited BALANCE

Spirited Balance is a multi-dimensional approach to the assessment and treatment of balance-related challenges.

The *Spirited Balance* program reduces the risk of falling and delivers* ...

- Improved walking ability
- Improved ability to recover from loss of balance
- Increased confidence
- Full balance potential
- Increased limits of stability
- Improved performance of daily life activities
- Heightened awareness of risk factors
- Improved integration of sensory information
- Improved postural alignment
- Improved strength and flexibility

**All the activities can be modified to accommodate individual capabilities, including those who are a higher risk.*



Linda Owen Cantrill
Specialist/Consultant/Instructor
Balance, Mobility, Senior Fitness
& Fall Prevention

Linda has been working with older adults for over twenty years. She currently contracts with private groups, individuals, physicians, physical and occupational therapists, universities, senior centers & skilled nursing and assisted living centers, providing training, teaching and consulting on Senior Fitness, Fall Prevention, Balance and Mobility.

Bachelor of Arts Degree
Aging & Program Planning
The Union Institute, Santa Monica, CA

Certified FallProof™ Balance and Mobility Specialist Instructor
Center for Successful Aging
California State University, Fullerton, CA

Certified Prime of Life Yoga Instructor
Loyola Marymount University, Los Angeles, CA

Certified Personal Fitness & Group Instructor

- Aerobic & Fitness Association of America
- Senior Fitness Association of America
- Pace Instructor, National Arthritis Association
- American Safety & Health Institute CPR, AED, Basic First Aid

Presenter/Instructor/Consultant

- Balance Disorders Institute of Los Angeles, CA
- National Stroke Association, Los Angeles, CA
- United America Indian Center, Los Angeles, CA
- Center for Healthy Aging, Santa Monica, CA
- University of California, Los Angeles, CA
- Golden Door Spa, Escondido, CA

Spirited BALANCE

Offering Comprehensive Programs for Groups and Individuals:

- Balance & Mobility
- Senior Fitness
- Fall Prevention
- Assessment/Testing
- Home Safety Assessment
- In-Service Training
- Public Speaking
- Workshops
- Retreats



For more information please contact:

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Falls Take a Staggering Toll

- Falls are the leading cause of accidental injury in older adults.
- Falls are the third leading cause of death among people over age 65.
- Every year one-third to one-half of the population age 65 and over experience falls.
- Half of the elderly who fall will fall again.
- Five percent of falls lead to a bone fracture.
- Falls account for more than 200,000 hip fractures annually.

It's Never Too Late!

Retraining can help prevent falls. Loss of balance is not just a “fact of life” as we grow older. Recent studies demonstrate that those most at risk of falling can often be identified and helped.

Linda Cantrill, a *FallProof Balance and Mobility Specialist*, offers a program specifically designed to address the multiple dimensions of enhancing balance, mobility, and personal fitness.

Most Falls Can Be Prevented...

Call Now: (310) 428-2026



Assessment and Training

Spirited Balance is a multi-dimensional approach to the assessment and treatment of balance-related challenges and includes the following elements:

- Screening with Assessment Testing
- Center of Gravity Control Training
- Multi-Sensory Training
- Postural Strategy Training
- Gait Pattern Enhancement and Variation Training
- Strength and Flexibility Training

An initial assessment is provided prior to participation in the training program.

A typical training program follows a twice-weekly cycle. Sessions include progressively challenging, non-strenuous activity. Feedback is provided to help clients learn to control their movements in space, identify their risks for falling and make choices for health and safety.

Training sessions can be designed for individuals or small groups, with ongoing sessions.

Are You A Spirited Balance Candidate?

YES... if you have:

- Difficulty Walking
- History and/or Fear of Falling
- Complaints of Instability during Daily Activities
- Dizziness
- Medical Conditions that Compromise Balance and Mobility
- A lack of strength and flexibility

Are You A Spirited Balance Group Training Candidate?

YES... if you need:

- Policy and Procedures
- Fall Prevention In-Service Training
- Environmental Fall Safety
- Older Adult Fitness and Fall Prevention Programs, including:
 - Workshops
 - Retreats
 - Specialized Fitness
 - Recreation

