**One Tip I Can Give My Parent to Avoid a Fall**

Understanding balance and how it works in the body.

* Synapses in the brain move further apart as we age (train stations)
* The vestibular system
* Proprioceptors and Mechanoreceptors

The TIP:

Practice, practice and more practice

Best two exercises, if you could only do two…

1. Eccentric Quad Activity (strength)
2. SL Balance (balance)
   1. Quote the British Journal of Sports Medicine regarding standing on one foot for 10-seconds is a direct indicator of life expectancy.