

No Falls November playlist

How music and dancing can help reduce falls.

Why is physical activity important?

- helps improves older adults overall strength, balance and wellbeing
- can help reduce falls and lower the risk of fall-related injuries.

Why dancing?

- encourages people to be more active while having fun
- helps improves balance, coordination, strength and cardiovascular health.

How can you use this playlist?

- In your classes with adults. To find the playlist, open Spotify in your phone, click on 'Search', then click on the camera icon and scan the Spotify code below.



- You can also add song suggestions by scanning the QR code below.

