

U.S. Administration for Community Living Falls Prevention Grantee The YMCA's Moving For Better Balance Information and Guidance

The purpose of this document is to provide information and guidance regarding Moving For Better Balance to U.S. Administration for Community Living falls prevention grantees.

What is the YMCA's Moving For Better Balance?

Moving For Better Balance is a 12-week evidence-based, instructor-led group program designed to help participants improve their strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing. Moving For Better Balance is delivered by trained instructors in YMCAs across the country.

Outcomes

Moving For Better Balance has been shown to:

- Improve balance and stability
- Increase muscle strength
- Improve flexibility
- Increase mobility
- Improve memory and cognition
- Improve self-confidence
- Reduce stress
- Improve mental and emotional well-being
- Prevent falls

Target Audience

The target audience for Moving For Better Balance is as follows:

- Adults 65 years or older who are physically mobile, with impaired stability and/or mobility
- Adults 45 years or older with a chronic condition that may impact stability and/or mobility.

A YMCA membership is not required to participate in the program.

Participation Requirements

The following are participation requirements for Moving For Better Balance. Participants must:

- Participate in Moving For Better Balance for a minimum of **50 hours**. This can be achieved through:

One 12 week class that meets twice a week for 60-90 minutes AND includes documented at home practice for two or more hours per week.

- Participants must attend at least one in-person class before practicing at home.
- Participants should record home practice time in a log book with date, time, and length of practice.

Other Fidelity Requirements

Instructors must successfully complete the Y-certified Moving For Better Balance instructor training and pre-requisites before leading their first class. Instructors must use the curriculum approved by Y-USA and commit to maintaining fidelity requirements as outlined in the Moving For Better Balance Commitment Pledge.

Y-USA works with local Ys to ensure they are delivering the program with fidelity and only reports national program outcomes for Ys who have submitted the commitment pledge.

Training

If you are interested in being trained as a Moving For Better Balance program instructor, contact your local [YMCA](#) to learn if they are currently offering the program and are recruiting new instructors.