

Subject Line: How To Dramatically Reduce The Risk Of A Fall...

Discover the secrets to improving your stability and *never* having to worry about falling over again!

Dear Reader,

Remember when balancing along a wall while walking was just a fun thing to do. But as we age, the simple act of just standing from a chair can be difficult for some.

We slow down, become fearful as our health takes a turn for the worst. Stiff joints, inner ear disorders, vision problems and other health concerns can add to our woes.

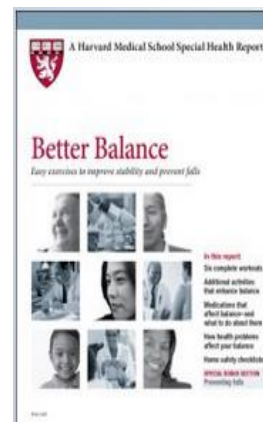
But it doesn't have to be this way.

[Better Balance](#), a Harvard Special Health Report, will show you how to “buck the trend.” You will be taken step-by-step and shown how with a little practice anyone can achieve better balance.

Landing Page

No more falls... Increase your stability and confidence with simple balance exercises that anyone can do

Put fear of falling on the back burner with this scientifically-based balance program that is easy to do and effective.



[READ MORE](#)



You will learn:

- **The importance of strong leg muscles and flexible ankles in fall prevention**
- Understand age-related balance problems
- **Your home may be working against you (Make your home safe with our [Home Hazard Checklist](#))**
- What you need to know about your medication and balance
- **Which health conditions affect balance and how to combat them**
- Warning signs of balance problems
- **Easy activities that help improve your balance**

And much, much more...