



Perform Daily Activities and Prevent Falls

For older adults, doing a variety of physical activities improves physical function and decreases the risk for falls or injuries from falls.

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Everyday activities include climbing stairs, grocery shopping and housecleaning. Being unable to perform everyday activities is called functional limitation. Physically active middle-aged or older adults have a lower risk for functional limitations than those who are inactive.

For older adults, doing a variety of physical activities improves physical function and decreases the risk for falls or injuries from falls. Older adults need to include aerobic, muscle strengthening and balance activities in their physical activity routines. Such multicomponent physical activity can be performed at home or in a community setting as part of a structured program.

Hip fracture is a serious injury that can result from a fall. Breaking a hip can have life-changing negative effects, especially among older adults. Physically active people have a lower risk for hip fracture than inactive people.

Adapted from: [Physical Activity Basics, CDC.gov](#)

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<http://beta.docker.poz.com/article/perform-daily-activities-prevent-falls>