



AFPOP • AGEING WELL IN PORTUGAL SEMINAR

The Role of Movement in Preventing Falls & Injuries

Arlindo Martins

Mentor & Holistic Trainer • Empowered Ageing

Lagos Auditorium • 25 June 2026 • 10h45–11h00



Empowered Ageing
LIVE LONG, LIVE STRONG.



Falls are a global health issue

The numbers are serious ...

#2

Second leading cause of unintentional injury deaths worldwide

684.000

Estimated deaths from falls globally each year

37.3M

Falls severe enough to require medical attention each year

60+

Adults older than 60 suffer the greatest number of fatal falls



Why do falls become more common as we age?

- Health conditions (e.g., dementia, vision problems, arthritis)
- Medications (e.g., sedatives, antidepressants or tranquilizers)
- Alcohol
- Foot pain or poor footwear
- Home hazards or dangers
- **Lack of physical skills: balance, strength, flexibility, speed and agility**



THE PROBLEM

Why do we fall and get injured?

1 Cannot recover balance

The body loses balance — and does not react fast enough.

2 Cannot land safely

The body reaches the floor without protective landing skills.

**Falls are not only about hazards.
They are also about missing movement skills.**



LOST BALANCE



POOR LANDING

THE SOLUTION

Train the two skills that protect us

1 Recover balance

Stop the fall before the floor becomes inevitable.

2 Land safely

If the fall continues, protect the hands, arms, head and hips.

**The goal is simple:
stay up if possible — land well if needed.**



Why don't we move enough?

Knowledge is important.
But knowledge alone rarely changes behaviour.

GLOBAL
31% of adults are not active enough — inactivity increases after 60.

USA 65+ **86%** do not meet full movement guidelines

Australia 65+ **57%** insufficiently physically active

England 75+ **57%** not reaching 150+ min/week

Portugal 65–84 **74–85%** 0 days/week of exercise

Note: national definitions and years vary. Sources: WHO 2024; CDC/NCHS 2022; AIHW/ABS 2022; Sport England 2022–23; INE Portugal 2019.



How do we regain motivation, pleasure & discipline?

For regular exercise.
For life.



How can I learn more about Fall Prevention & Safe Landing skills?

Watch Cris's testimonial on YouTube.
Scan or click the link below.



Scan to open

OPEN YOUTUBE VIDEO

youtube.com/shorts/X7zh_KrehmM

A real student story and a simple way to explore the work.

Fall workshop with Chris.mp4

Fall Prevention & Safe Landing Workshop



Practical training to build
confidence, balance and
safer movement.



THANK YOU

Thank you

Move better. Feel stronger. Belong.

More information

www.empoweredageing.eu

Facebook: EmpoweredAgeingAlgarve

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