

# Move It May playlist

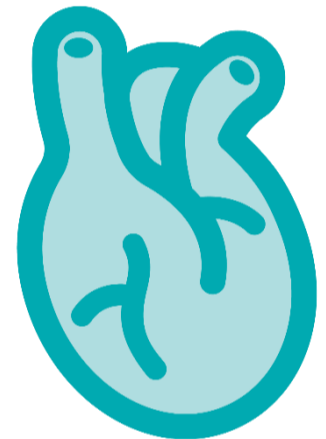
How music and dancing can help reduce falls!

## Why is physical activity important?

- Helps improve 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 improve 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.

