

# Leisure-time physical activity linked to lower odds of falls

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Participation in leisure-time physical activity at the recommended level or above is associated with reduced odds of noninjurious and injurious falls, according to a [study](#) published online Jan. 31 in *JAMA Network Open*.

Wing S. Kwok, from the University of Sydney, and colleagues examined the potential associations between leisure-time physical activity and non-injurious and injurious falls in older women using a retrospective analysis of the Australian Longitudinal Study on Women's Health (ALSWH). Data were included for 7,139 ALSWH participants, born

from 1946 to 1951, who completed follow-up questionnaires in 2016 and 2019.

The researchers observed associations between participation in leisure-time physical activity at or above the World Health Organization-recommended level (150 to

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