

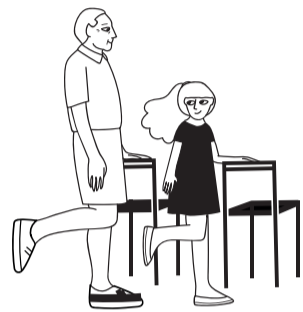
# Stay Strong. Stay Steady.

Doing strength and balance activities twice per week can help reduce the risk of falls.

Simple ways to remain independent and active throughout life

## Get up and go

Moving regularly helps to keep you healthy



HOME EXERCISE



GARDENING



TAKE THE STAIRS

Falls can be reduced by up to 40% with strength and balance exercises.

## Get strong be steady

Strength and balance exercises are the key to independence



BOWLING / BOULES / CURLING



JOIN A CLASS



TAI CHI

Make it challenging, it's OK to wobble - but be sure you have support!

## Develop your staying power

Be active for longer and enjoy life fully



STRENUOUS WALKING



EXER-GAMING



DANCING

Make it progressive, as you get stronger increase your activity.

## How can my family help?

- ✓ Check for strength and balance exercise classes in your local area
- ✓ Check homes for hazards (rugs, loose cables)
- ✓ Be active together – exer-gaming, gardening, shopping
- ✓ Plan family activities/ active holidays together
- ✓ Encourage you to be as active as possible
- ✓ Help you find information on the internet

## What else can I do?

- ✓ Ask your GP or pharmacist to review your medication every 6 months
- ✓ Have your eye sight and hearing checked annually
- ✓ Have bright lighting in your home and install grab rails on stairs if needed
- ✓ Increase your Vitamin D levels to improve bone health (eating oily fish, eggs, spend time outside or take supplements)
- ✓ Wear supportive shoes indoors and out
- ✓ If you feel dizzy when you first stand up, try a few leg muscles squeezes before you get up
- ✓ Think about what you already do, how can you do more of what you enjoy?