

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

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

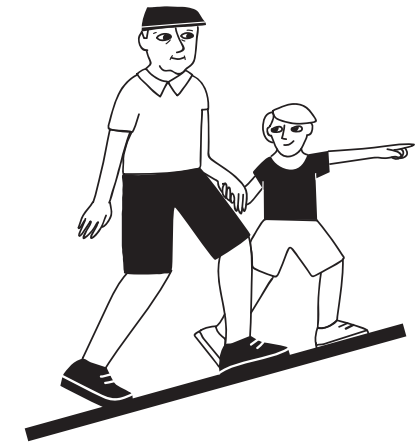
What else can I do?

- ✓ 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?



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Stay Strong. Stay Steady.

3 simple ways to remain independent and active throughout life

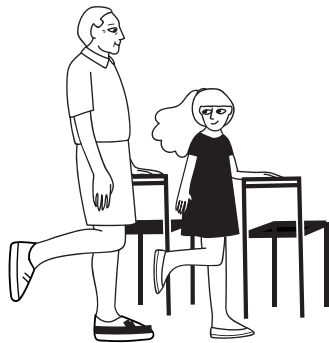


Get up and go

Moving regularly helps to keep you healthy

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

HOME EXERCISE



GARDENING



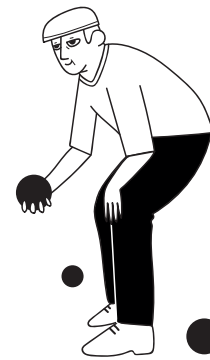
TAKE THE STAIRS

Get strong be steady

Strength and balance exercises are the key to independence

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

BOWLING / BOULES / CURLING



JOIN A CLASS



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Develop your staying power

Be active for longer and enjoy life fully

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

STRENUOUS WALKING



EXER-GAMING



DANCING

