



Did you know?

Research has shown doing exercise can reduce falls risk in older adults by 23%

Spring into Action

Being active can reduce falls risk

Spring is a great time to encourage everyone, particularly older adults, to get active and take action to prevent a fall.

The warmer weather and longer days make it easier to get outside and move around.

Come and join in during September:

- There will be displays and promotions at some of the NSLHD hospitals, so keep your eye out for them!
- Access information and resources to get you and your patients/clients/residents moving more and taking action to prevent falls.

Spring into Action and help us reduce falls risk across Northern Sydney Local Health District.

nshp.com.au/SpringIntoAction

