

# Spring into Action

Being active can reduce falls risk

→ [nshp.com.au/SpringIntoAction](https://nshp.com.au/SpringIntoAction)



## Spring into Action

across northern Sydney this September!



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.

Did you know research has shown doing exercise can reduce falls risk in older adults by 23%?

### This week:

- Have you taken the Spring into Action Quiz to see how much you know about falls?
- Don't forget to download a copy of the Spring into Action email signature and insert it in your email signature during September to spread the falls prevention message!
- Refer patients, clients & residents to local physical activity programs:
  - [Healthy Lifestyle](#)
  - [Healthy & Active for Life](#)
  - [Stepping On](#)
  - [Active and Healthy \(Find an Exercise Program\)](#)

NSLHD Population Health Promotion & NSLHD Fall Prevention Committees would love to hear about any activities you do to help reduce falls risk in September, so let us know and send photos! Let's see a field of joyful 'sunflowers' across services and use yellow (or Falls Prevention orange) as your colour of choice for any activities.

For information & resources visit:

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