NSW Fall Prevention & Healthy Ageing Network

APRIL FALLS MONTH

Better Balance for Fall Prevention

Tips for safe activity:

- If you need advice on how to start, speak to your GP, physiotherapist or exercise physiologist
- Exercise in a clear space free from clutter
- Wear appropriate footwear and stay hydrated
- Exercising in a group or with a friend can often help with motivation
- Be as active as you can in your day, getting outdoors whenever possible.

IT'S NEVER TOO LATE TO GET ACTIVE!

For optimal physical and mental health it is recommended that all adults (regardless of age, health or ability) to do 30-60min of physical activity most days.

To prevent falls and maintain independence this should include exercise or activities that improve strength and balance.

Start slow and build up gradually. Every bit helps.

For local or online balance and strength programs visit: www.activeandhealthy.nsw.gov.au