NSW Fall Prevention & Healthy Ageing Network

APRIL FALLS DAY®

Safe Activity for Everybody.

KEEP ACTIVE, STAY CONNECTED

Staying physically active, eating well and socialising can help improve your sense of wellbeing. It can also help you recover from illness more quickly, reduce your risk of chronic disease and prevent falls.

Every move counts.
Step safely towards better health today.

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
- Stay hydrated
- Keep to a comfortable but challenging pace

Aim for at least 30 minutes of activity every day that includes a mix of balance and strength exercises. Stay connected by exercising with a friend or in a group.

For a local exercise program visit: **www.activeandhealthy.nsw.gov.au**