

Falls Prevention – Strength and Balance Exercises

Staying physically active is the single most important thing we can do to remain fit and independent.

- As we grow older we lose muscle strength and our sense of balance. This can lead to a fall.
- To reduce the risk of injury from a fall it is important to include activities that improve your balance and increase your strength.
- The more active we remain, the better the chance we have of keeping our muscles strong and our joints mobile.
- Research shows that any exercise, at any age, is worth the effort.



What you can do

- Be involved in an exercise program in a group or in your own home. Activities which are good for improving balance and flexibility include Tai Chi, dancing, gym sessions, lawn bowls, pilates, and yoga.
- If you are in any doubt about exercises, please talk to your doctor.
- To find an exercise program in your local area go to www.activeandhealthy.nsw.gov.au.
- Ask a physiotherapist or an exercise physiologist to design a suitable exercise program for you.



Acknowledgement to:

iSOLVE fall prevention partnership project
(The University of Sydney, Northern Sydney Medicare Local,
Clinical Excellence Commission)

Staying Active and on Your Feet booklet 2010

www.activeandhealthy.nsw.gov.au

Northern Sydney and Central Coast Local Health Districts
Health Promotion Unit

For further information scan this with your
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