Lifestyle-integrated Functional Exercise (LiFE) program to prevent falls
Lindy Clemson, Jo Munro & Maria Fiatarone Singh

LiFE is an individual program of activities embedded into daily routine and tasks. In a randomised control trial published in the *British Medical Journal* in 2012, the risk of falls in older people was reduced by one third, the ability to do everyday tasks was improved and physical activity levels increased. LiFE is a different approach to a traditional exercise program. In the LiFE program, unloading the dishwasher can become an opportunity to improve strength. Brushing your teeth can be a chance to improve balance. Your home or your garden can be your ‘gym.’ LiFE activities are tailored to individual lifestyles. The LiFE manuals will introduce you to the key elements of LiFE, the underpinning concepts of embedding LiFE activities in daily routines and strategies for changing habits.

**Participant’s manual**
ISBN: 9781743324004
RRP: $25.00

*The participant's manual* provides detailed descriptions of the strength and balance activities and outlines the principles of LiFE. It shows how the activities can be incorporated into an everyday routine and includes several stories of successful participants.

**Trainer’s manual**
ISBN: 9781743320372
RRP: $25.00

*The trainer's manual* presents the conceptual underpinning of the LiFE program and provides a step-by-step guide for therapists and trainers to implement LiFE with their clients.

**About the authors**

*Lindy Clemson* is professor of occupational therapy and ageing and co-director of the Ageing, Work & Health Research Unit at the Faculty of Health Sciences, University of Sydney.

*Jo Munro* is a physiotherapist with a Master's degree in Health Science Education. She has been involved in the LiFE project since its inception and currently offers training and coaching.

*Maria Fiatarone Singh* is a geriatrician and professor in Exercise and Sport Science at the University of Sydney.
Stepping On
Building confidence and reducing falls, a community-based program for older people

Lindy Clemson & Megan Swann
Sydney University Press
ISBN: 9781920898755
$84.95

The Stepping On program offers older people a way of reducing falls and at the same time increasing self confidence in situations where they are at risk of falling. The manual describes how to plan, prepare, and run the program.

Staying power
Tips and tools for keeping you on your feet

Lindy Clemson and Megan Swann
Sydney University Press
ISBN: 9781920899578
$30

Staying power: tips and tools for keeping you on your feet gives practical and inspirational advice on how to prevent falls in your life. Through a combination of exercise and a healthy, active approach, you can beat what seem like inevitable outcomes of getting older.

You can order the books online at sydney.edu.au/sup