Active & Healthy Online

Find a Falls Prevention exercise program in your local community

Is this website for me?
The Active and Healthy website is designed for:

- Community members, older people, friends, family and carers
- Health & community services staff
- General Practitioners & GP Practice Nurses
- Exercise/physical activity providers: Register your program on the website.

What does this website include?

- A simple means for finding a falls prevention exercise program in your area (search by suburb)
- *Staying active and on your feet* booklet
- Lifestyle and home & safety checklists
- Exercises to do at home
- Information for professionals & exercise providers - falls prevention best practice.

“Stay independent and active, participate in balance and strength exercises and reduce the risk of falling”

You can view the website at [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

We value your feedback - if you have any comments on our website please visit [www.activeandhealthy.nsw.gov.au/feedback](http://www.activeandhealthy.nsw.gov.au/feedback)