



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 in residential aged care:

- Consult your care team for advice on safe walking and exercise options
- Call for assistance if required and don't forget your glasses as well as your walking aid
- Keep your room free from clutter
- Try to get outdoors whenever possible

Try to sit less and move safely throughout the day. Include a mix of balance and strength exercises. Stay connected by being active with others.