



## Better Balance for Fall Prevention

### Tips for safe activity:

- Ask your care team how you can be more active and prevent falls.
- Pause between each position – lying to sitting, sitting to standing.
- Seek help to mobilise if feeling unsteady or drowsy.
- Be as active as you can in your day, getting outdoors whenever possible.

### IT'S NEVER TOO LATE TO GET ACTIVE!

For optimal physical and mental health it is recommended that all adults (regardless of age, health or ability) to do 30-60min of physical activity most days.

To prevent falls and maintain independence this should include exercise or activities that improve strength and balance.

**Start slow and build up gradually. Every bit helps.**

For local or online balance and strength programs visit: [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

For further support visit: [www.beyondblue.org.au](http://www.beyondblue.org.au)