



## 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 at least 30min of physical activity most days. This should include exercise that improve strength and balance. Exercising with other people can help you stay connected, motivated and have fun!

**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)