



## Better Balance for Fall Prevention

### Tips for safe activity:

- Consult your clinical 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.
- Stay hydrated and wear appropriate footwear.
- 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.

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.**