



Better Balance for Fall Prevention

IT'S NEVER TOO LATE TO GET ACTIVE AND HEALTHY

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 exercises or activities that improve strength and challenge balance, performed 2 to 3 times a week.

Tips for safe activity:

- If you need advice on how to start, speak to your GP, physiotherapist or exercise physiologist.
- Exercise in a clear space free from clutter.
- Wear appropriate footwear and drink enough water.
- Exercising in a group or with a friend can often help with motivation.
- Exercise can be done in a couple of 10 minute sessions throughout the day, getting outdoors whenever possible.

Start slow and build up gradually. Every bit helps.

For local or online balance and strength programs visit: www.activeandhealthy.nsw.gov.au

For further support visit: www.beyondblue.org.au