



## Better Balance for Fall Prevention

### IT'S NEVER TOO LATE TO GET ACTIVE AND HEALTHY

It is recommended that all adults (regardless of age, health or ability) be as active as possible.

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

#### Tips for safe activity:

- Call for assistance if required for walking and going to the bathroom.
- Use your glasses and walking aid if required.
- To prevent light headedness, pause when changing positions - lying to sitting, sitting to standing.
- Regularly drink water, eat a wide variety of foods and wear safe footwear.
- Be as active as you can in your 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](http://www.activeandhealthy.nsw.gov.au)