



## Being Active can reduce Falls Risk

### 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.

#### 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 stay hydrated
- Exercising in a group or with a friend can often help with motivation
- 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)

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