



Falls Prevention is Everyone's Business

WORKING TOGETHER FOR YOUR SAFETY IS **OUR NUMBER ONE PRIORITY**

For optimal physical and mental health it is recommended that all adults (regardless of age, health or ability) do at least 30min of physical activity most days.

If you need advice on how to start, speak to your GP, physiotherapist or exercise physiologist.

Tips to keep you safe at home:

- Wear appropriate and safe footwear.
- Drink enough water to stay hydrated.
- Ensure you take your medications as prescribed by your GP.
- Participate in exercises to improve strength and balance. This can be done in a couple of 10 minute sessions throughout the day, getting outdoors whenever possible.
- Exercising with other people can help you stay motivated and connected.
- Exercise in a clear space free from clutter.

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

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