

## APRIL FALLS

## Falls Prevention is Everyone's Business

Staying physically active is the single most important thing you can do to stay well and independent.

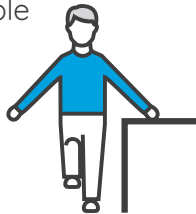
Incorporate some of the below activities into your day. Each activity can be adapted to suit an individual's needs and capabilities. **Every move counts. Step safely towards better health today.**

### Balance challenge

Improve your balance by standing on one leg for 10 seconds.

Hold onto a table for support.

Do this 3 times on each leg. Repeat 3 times a day.



### Sit to stand

Using a dining chair, see if you can stand up and sit down 5-10 times.

Do this three times a day to keep your legs strong.



### Kettle boiling exercises

While you boil the kettle do some heel lifts.

Lift and lower your heels 10 times. Hold on to the bench for support.



### Sit less, move more

Avoid sitting for long periods. Get up, move and stretch your muscles.

This is a great way to maintain good posture and avoid stiffening up.



### Join a group

Join a walking group, exercise class or go to the gym.



### Dance to music

Put some music on and get moving. Dancing is also a great social activity.



### Take the stairs

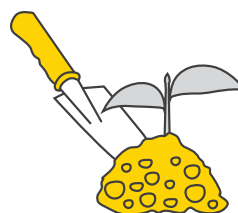
Step up and down on your first step for 1 minute

Remember to change your lead leg. Repeat 3 times per day.



### Get in the garden

Do 10 minutes of digging, mowing or raking in the garden.



### Get started

Seek advice from a health professional such as a physiotherapist, exercise physiologist or your GP.

