

Partner:



Department of Health



MOVE your BODY

STAY ON YOUR FEET®



www.stayonyourfeet.com.au

IMPROVE YOUR STRENGTH AND BALANCE

Good balance and strong legs prevent slips, trips and falls.

You use your strength and balance daily for everyday activities like walking, getting out of chairs and playing with your grandkids.

Trips can happen, but improving your strength and balance helps you to react safely and avoid a fall.



KEEPING STRONG AND BALANCED

Your strength and balance decline as you get older but they don't have to.

Being unwell, less active, and muscle, bone and joint weakness can all impact your strength and balance as you get older.

Staying active and doing exercises which strengthen your legs and challenge your balance daily will prevent your balance declining and help keep you strong.



CHALLENGE YOUR STRENGTH AND BALANCE

Try safe activities that challenge you and let you progress.

Balance exercises should be progressed gradually and become more difficult as your balance improves. Try activities such as tai chi or lawn bowls which involve leaning forwards, backwards or to the side.

You can strengthen your legs with everyday activities like cleaning and gardening. You could also try group exercise classes, or a home based program.



Aim for **30 minutes** of exercises that include strength and balance each day.

WHO CAN HELP?

Move your body from the comfort of your home or with the support of a group or health worker.

You could try:

- Group fitness classes which include strength and balance exercises at a local gym or recreation centre.
- Strength and balance programs referred by a physiotherapist, occupational therapist, exercise physiologist, falls specialist or personal trainer.
- Using our free strength and balance exercise flyers or Build Your Balance exercise DVD in your home.
- Finding local activities on the falls prevention eDirectory at **www.stayonyourfeet.com.au**

Before starting any new activities, speak to your GP or Physiotherapist.

To order this and other free Stay
On Your Feet® resources visit
www.injurymattersquickmail.com.au

For more information on how to prevent
slips, trips and falls phone **1300 30 35 40**
Email: info@stayonyourfeet.com.au
Visit: **www.stayonyourfeet.com.au**



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