

# Falls Are Preventable

## Be Physically Active

**Staying active is the single most important thing you can do to remain fit, independent and prevent falls.**

The more active we remain, the better chance of keeping our muscles strong and joints mobile.

### What can you do?

**Three types of activities are needed to keep you healthy as you age.**

Pick activities from each group that you enjoy and, remember, every bit of physical activity helps.



### 1. Moderate activities

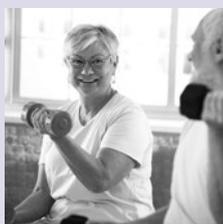
Help keep your lungs, heart and blood vessels healthy. These activities take a bit of effort and you will huff and puff a little. They include group exercises, aqua aerobics, brisk walking, golf, swimming, dancing, cycling, tennis and vacuuming.

Whatever your age, aim for at least 30 minutes a day, five times a week. This can be split into three lots of 10-minute sessions.



### 2. Balance activities

Reduce risk of trips and falls and help you stay on our feet. Activities include side leg raises, heel raises, Tai Chi, yoga and bowls. Balance exercises should be done at least every second day.



### 3. Strength activities

Help keep muscle, bone and joints strong and help in daily life activities. Activities include climbing stairs and weight or resistance training. Strength exercises should be done at least every second day.

If you haven't exercised for a while, start slow and gradually build up to the recommended amount. If in any doubt about exercises, please speak with your doctor first.

**Being physically active will increase your chance of leading a healthy and independent life.**



**Health**  
Central Coast  
Local Health District

For more information on how to avoid a fall, go to  
[www.healthpromotion.com.au](http://www.healthpromotion.com.au)  
or contact the Central Coast Health Promotion Service on  
**02 4320 9700**

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## What are the benefits of exercise and physical activity?

- ✓ Improves your balance and prevent falls.
- ✓ Improves your strength, flexibility and fitness.
- ✓ Keeps you independent and able to do daily tasks.
- ✓ Helps manage stress and anxiety.
- ✓ Reduces the impact of chronic diseases.

## Tips



Exercise with a friend or family member to keep motivated.



Talk to your health professional (GP, physiotherapist or exercise physiologist) especially if starting exercises.



To find an exercise program in your local area, go to:  
[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)



Access FREE support to keep you motivated through the Get Healthy Service ([www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)).

**Research shows  
that any exercise,  
at any age, is  
worth the effort.**

