



Central Coast
Local Health District

Healthy Bites Episode 2 –Why should I do balance exercises?

Hello, I'm Dr Tomiko Barrett, a geriatrician from Wyong Hospital.

My patients ask me, "What is the best exercise to stay healthy and independent?" Many people say, "I walk every day", which is great. But walking alone is not enough to maintain our strength or balance as we age. We need to include exercises that improve both our strength and balance as well. Resistance training such as Pilates or weights improve strength. Tai chi, dancing or a program from a physiotherapist can improve people's balance.

Exercise at least 3 times a week can improve your posture, coordination, energy levels –and even protect against dementia!