



Make a Move to Stay On Your Feet - It's Never Too Late To Start Exercising



Don't slip, don't trip, don't fall - simple advice for everyday life. However changes in health and mobility, loss of vision, hazards in the home and public places and inactivity often contribute to falls in people over the age of 60.

The most common cause of injury in people over 60 is as a result of a fall. Not only can falls lead to serious injury and sometimes death but falls have a significant impact on a person's quality of life. Exercise programs are an effective way to reduce the number of falls by assisting people to improve their balance, muscle strength, bone strength and flexibility.

Daily activities that are often taken for granted, for example, getting out of a chair, being able to go up and down stairs, walking distances at reasonable speed and maintaining physical independence, can become increasingly difficult as people become less mobile. As well as increasing strength and balance, exercise can help to make some daily physical activities easier to complete.

Tips for a successful falls injury prevention exercise program include:

- find an exercise or physical activity that you like doing;
- before you start an exercise program talk to your doctor;
- start slowly and at your own pace
- wear appropriate, supportive footwear.

It's never too late to make a move to improve your health and "Stay On Your Feet". For more information about an appropriate falls prevention exercise program, call the Stay On Your Feet project team on 41977252.

More local information is available from Kevin + Josee Roe
Ph: 41293227 or 0405 764 205
Email: jokev@ozemail.com.au

We gratefully acknowledge Northern Sydney Health Promotion - NSW Health (Make a Move Project) who produced this media release / newsletter article in 2001 and has given us permission to adapt it. If you would like extra copies, please contact the Stay On Your Feet office (Central Public Health Unit - Wide Bay) by phoning 07 4197 7252.