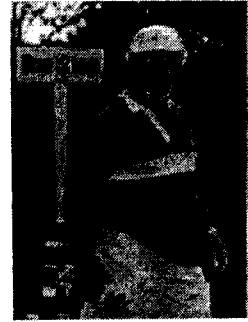




Stay On Your Feet!

Fact Sheet No 1



'Make A Move To Stay On Your Feet' Falls Prevention and Physical Activity

Know Your Risks

- General health
- The right exercise
- Overdoing it
- Breathing
- Shoes and clothing
- Fluids

Know What to Do

- Visit your doctor for a general check up and discuss the type of exercise you want to start.
- Find an exercise that is fun and you enjoy doing which will increase the chance of maintaining it.
- Exercise which builds strength and balance helps to prevent falls.
- Work to your own pace and capability.
- If you can talk while you walk or exercise then it is gentle exercise.
- Wear shoes appropriate for the activity that are supportive and fit well.
- Wear comfortable clothes.
- Drink plenty of fluids while exercising.
- Drink six to eight glasses of water per day.

For more information about this topic, call the Stay On Your Feet office (4197 7252).

Exercise reduces your risk of a fall. It increases your bone strength, flexibility and balance. It's never too late to start exercising.

We gratefully acknowledge Northern Sydney Health Promotion – NSW Health (Make a Move Project) who produced this Fact Sheet and has given us permission to adapt it. Additional copies are available from the Stay On Your Feet office (Central Public Health Unit Network – Wide Bay).



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