

Hints and Tips for maintaining physical activity without falling

Regular physical activity helps keep us independent and can help increase our strength, balance and coordination. Keeping physically active reduces our risk of falling and also helps keep us mentally alert and feeling good and can help relieve depression and stress.



Guidelines suggest that we should take at least 30 minutes of moderate activity (this means the breathing and heart rate are slightly faster than normal, but not so much that you are unable to talk) on five or more days of the week for general health benefits. This can be broken up throughout the day in little 10 minute bursts.



Gradually build up the time you spend being physically active each day - and gradually make activities more energetic.

Find ways of being more physically active that are enjoyable and suitable for you, this may include participation in exercise classes or doing some exercises at home, swimming, dancing, walking, gardening, housework, bowling etc.

Build activity into your existing daily routine if you feel safe and able to do this, and minimize the time spent being sedentary (sitting/ inactive) for extended periods.

Take regular short walks during breaks in your TV viewing to stop yourself becoming stiff. Use the adverts as a cue to remember to get up and move about.



If you would like further advice about leisure opportunities in your area, please speak to your local leisure centre who will be able to guide you regarding what is available and suitable.