

General advice to help you maintain or improve your standing ability

It's never too late to start.

“Use it, or lose it” is a mantra you may have heard and is so true for keeping mobile.

Keep going to see the benefit!

Keeping active

- > **The strength of your muscles and balance is essential. A main reason for feeling unsteady, or having balance issues, is simply the loss of muscle and increased muscle weakness.**
- > Making a cup of tea is a national past time. Over time, due to wrist and hand pain or lack of strength, it may become difficult. However, adapting the way you do the task will allow you to continue making drinks.
- > Try adding regular exercises into your daily routine. For example, try standing on one leg while you are brushing your teeth.
- > Move more often everyday - Try not to sit still for too long, something is better than nothing. Try standing up at least once every hour and walk round your house for about 10 minutes. Make this time useful, you could make a cup of tea, put a wash on, water the plants, tidy your drawers, do some dusting!

- > Some people find starting small with somebody to give you reassurance is helpful.

Preparation

- > If you have shoes on, ensure that you wear footwear that fits well (e.g. not sloppy fitting slippers), with good grips. There are some shoes with very thick soles which make it harder to feel where your foot is going.
- > Keep the floor areas clear so you are less likely to trip.

Safety

- > Start gradually and build up your exercises
- > If you are not feeling well or you are dizzy, limit what you do on that day.
- > If you have mats on the floor in the kitchen or bathroom, these could be a tripping hazard so please be aware of them.