

Practical tips for walking around safely outside the home

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.**
- > 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.

Safety

- > Visibility is important. Make sure you have adequate lighting outside your home. Ask an approved electrician about your lighting options for outdoors.
- > Think about repairing any loose paving or slabs and fill in any holes in pathways.
- > Ensure that your footwear fits well with good grips. There are some shoes with very thick soles which make it harder to feel where your foot is going.