

# Falls Prevention – Strength and Balance Exercises

**Staying physically active is the single most important thing we can do to remain fit and independent.**

- As we grow older we lose muscle strength and our sense of balance. This can lead to a fall.
- To reduce the risk of injury from a fall it is important to include activities that improve your balance and increase your strength.
- The more active we remain, the better the chance we have of keeping our muscles strong and our joints mobile.
- Research shows that any exercise, at any age, is worth the effort.



## What you can do

- Be involved in an exercise program in a group or in your own home. Activities which are good for improving balance and flexibility include Tai Chi, dancing, gym sessions, lawn bowls, pilates, and yoga.
- If you are in any doubt about exercises, please talk to your doctor.
- To find an exercise program in your local area go to [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au).
- Ask a physiotherapist or an exercise physiologist to design a suitable exercise program for you.



Acknowledgement to:

iSOLVE fall prevention partnership project  
(The University of Sydney, Northern Sydney Medicare Local,  
Clinical Excellence Commission)

*Staying Active and on Your Feet* booklet 2010

[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

Northern Sydney and Central Coast Local Health Districts  
Health Promotion Unit

For further information scan this with your  
smart phone

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