

× **AVOID** ×



What's available?

Improving Strength and Balance



Falls can have very serious consequences as we age and in older adults it is usually related to combination of factors.

While it's not possible to completely prevent a fall, exercises that focus on strength and balance including sitting and flexibility exercises can reduce the risk of falling.

If you haven't exercised for a while, don't worry, exercises are gentle and easy to follow. Build up slowly and aim to complete two series of exercises twice a week.

Scan the QR code to discover these exercises.



Scan or search 'Strength Exercises'

Exercise for Health Referral Scheme



Are you sedentary and would like to be more active? Or do you have a medical condition that would benefit from an increased level of physical activity?

With the Exercise for Health referral programme, you may be eligible for a reduced rate at your local Rushcliffe leisure centre giving you the opportunity to participate in regular physical activity under the guidance of qualified exercise professionals.

To find out if you are eligible, contact your GP or healthcare professional. For more information scan the QR code.



Scan or search 'Rushcliffe GP Referral Scheme'

Your Health Notts



Your Health Notts health offer a FREE 12 week Falls Prevention Programme covering strength and balance exercises, catered for all abilities with a fully qualified specialist instructor.

To sign up today scan the QR code!



Scan or search 'Your Health Notts'

Falls Prevention Information

Saga Healthcare produced the Get Up & Go: A Guide to Staying Steady for those who are less mobile, older and/or at risk of a fall.

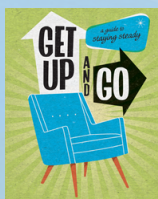
It includes information about:

- How to reduce your risk of falls
- How to fall-proof your home
- How to stay safe out and about
- How to get up from a fall safely and what to do if you can't get up
- And more

Scan the QR code to view the full guide!



Scan or search 'Nottingham Get Up and Go'



For more info visit rushcliffehealth.org/phm

Next months topic... **ALCOHOL REDUCTION**