



STRONG AND STEADY



Keep active... stay strong

Physical activity is important for your health and wellbeing at any age.

Keeping active improves muscle strength and balance so that you feel good, stay strong, look well and enjoy life. Good balance is needed to move about confidently and safely, both inside and outside the home.

What types of activities will keep you strong and steady?

Activities that build muscle strength and balance will help you stay steady on your feet. These include:

- > exercise groups that focus on strength and balance and include some standing activities
- > exercise programs that have been designed especially for you by a physiotherapist or exercise physiologist, that you can do at home or with assistance
- > Tai Chi or dancing.

How can you get started?

- > Discuss options for activities to improve your balance and strength with your doctor.
- > Ask a physiotherapist or exercise physiologist about activities that are suitable for you.
- > Find out about activities close to you and choose one you will enjoy.



- > Begin your new activity gradually. Start at a level that suits you and build up over time.
- > Aim for at least 30 minutes or more of activity, on most days of the week.





Who can help you?

- > Your **doctor** for any concerns about increasing your activity or trying a new exercise group or program. Your doctor can refer you to other health professionals or any services you may be eligible for.
- > **Physiotherapists** and **exercise physiologists** can help you to improve your strength and balance. To find a physiotherapist or exercise physiologist near you (no referral is needed), phone **Commonwealth Respite and Carelink Centre** 1800 052 222
- > Your **Local council** – for information on community exercise classes.
- > **Strength for Life 50+ Programs** – contact COTA to find your nearest one (08) 8232 0422. Country callers 1800 182 324 (toll free) www.cotasa.org.au/sfl.aspx
- > **Catalyst Foundation** (formerly Seniors Information Services): has information about community groups and services (08) 8168 8776. Country callers 1800 636 368
- > **Active Ageing SA** has information about exercise groups, recreation and sports across most areas of SA (08) 8423 0960 activeageing.org.au/



For more information

Adelaide area: Call 1300 0 FALLS (1300 0 32557) for information about falls prevention services that are close to you.

Country SA: Please contact your local health service for information about services close to you. You can also email the Country Health Falls Prevention coordinator at Health.CHSAFallsPreventionProject@sa.gov.au

sahealth.sa.gov.au/falls

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*SA Health Partnering with Consumers and Community Advisory Group



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