Staying Steady & Strong

A Guide to Staying Active, Healthy and Safe at Home

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Contents

1. Being Active 3
   a. Who is this pack for?
   b. Why is it important to stay active?
2. Physical Activity Guidelines for Older Adults 5
3. Healthy Eating 7
4. Mental Wellbeing 9
5. Falls Prevention Checklist 12
6. Foot Care and Footwear 15
7. Home Aids 16
8. Home Exercise Plan 17
9. Fall Proof: Able Like Mabel 22

Being Active

There has never been a more important time to think about being active and its impact on your health and well-being. Our team of Physiotherapists and Occupational Therapists has produced this booklet to enable you to start thinking about engaging in activities after being discharged from the hospital. This might be going out for a short walk, joining a local community activity group or more formal exercise.

Who is this pack for?

This booklet has been made for people who are at risk of falls and looking to be safe at home.

Why is it important to stay active?

Maintaining physical activity is crucial for individuals who are at risk of falls, especially after being discharged from the hospital following a fall. Approximately 25% of all older adults will have a fall each year.

Research shows that engaging in regular activity promotes several key benefits that directly help reduce the risk of future falls and prevent hospital readmission:

1. Improvement in Lower Limb Strength

High-risk falls individuals often experience muscle weakness, particularly in the lower limbs, which can significantly impair mobility and balance. A fall may further exacerbate this weakness due to fear of movement or immobilisation. Evidence suggests that regular physical activity, especially exercises like strength training and functional activities, can improve muscle strength in the lower body.

- *Strength training* boosts muscle strength in key areas like the quadriceps, hamstrings, and calves, which are essential for posture, walking, and recovery from stumbles.

2. Enhancing Balance and Coordination

Falls in frail individuals are often linked to poor balance, impaired gait, and delayed reaction times. Physical activity designed to improve balance, such as balance-specific exercises, tai chi, or yoga, helps develop better control over postural stability and enhances neuromuscular coordination.

- *Balance exercises* increase proprioception (awareness of body position in space) and reaction speed, reducing the likelihood of losing balance during walking or standing.
- Research shows that balance training can reduce fall rates by 22% in older adults by enhancing sensory feedback and motor control needed for stability in challenging situations.

3. Preventing Deconditioning

After a hospital stay, individuals are at risk of becoming deconditioned due to prolonged bed rest and immobility. Deconditioning leads to a rapid decline in muscle mass, joint stiffness, and overall functional capacity, all of which increase fall risk. Research has found older adults who are hospitalised for a fall remain in hospital for an average of 9 days longer than those hospitalised for any other cause, greatly increasing their risk of deconditioning.

- ***Staying active*** post-discharge helps reverse or prevent this deconditioning by maintaining or restoring muscle tone, joint mobility, and cardiovascular fitness.
- Regular movement helps maintain the capacity for daily activities, such as walking, dressing, or getting out of a chair—critical factors in fall prevention and independence.

4. Psychological Benefits and Confidence

Falls are often associated with fear of falling again, which can lead to a cycle of inactivity and further decline in physical function. Regular activity improves confidence in one's mobility, reducing fear of falling and promoting independence.

- Studies indicate that older adults who exercise regularly feel more confident in avoiding falls, which lowers anxiety and promotes continued mobility. This confidence is essential for maintaining independence and reducing the risk of future hospital admissions due to injury or functional decline.

5. Reducing Hospital Readmission

Falls are one of the leading causes of hospital readmissions in older adults. Keeping active plays a preventative role by addressing key physical deficits linked to fall risk. Research has shown that 95% of all hip fractures occur due to falls. The *British Medical Journal* found that multi-component exercise programs that combined strength and balance training resulted in a 30% reduction in fall rates and a corresponding decrease in hospital readmissions for fall-related injuries.

Physical Activity Guidelines for Older Adults

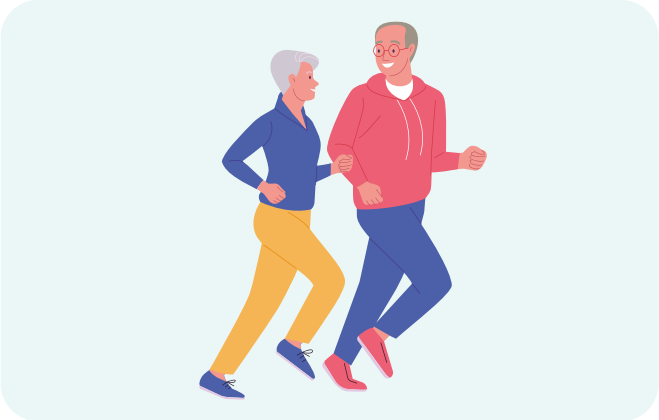
The UK Chief Medical Officers (CMOs) provide physical activity guidelines that are particularly relevant for individuals at risk of falls. These guidelines emphasise the importance of regular physical activity for maintaining strength, mobility, balance, and overall health, which is critical for preventing falls and hospital readmissions.

UK Chief Medical Officers' Physical Activity Guidelines for Older Adults (65 years and over):

1. **At least 150 minutes of moderate-intensity aerobic activity per week** (e.g., brisk walking or cycling) or **75 minutes of vigorous-intensity activity** if they are capable (e.g., running, stairs, sport).
2. **Strength training on two or more days a week**, working all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
3. **Activities that improve balance and coordination** at least two days a week, particularly for those at increased risk of falls (e.g., tai chi, yoga, or specific balance exercises).
4. **Minimising sedentary time** by breaking up periods of inactivity, such as sitting for long periods, with light physical activity.

What is in the Community to help you stay active?

As we age, staying physically active and socially connected becomes increasingly important for maintaining both physical and mental well-being. Fortunately, our local community offers a wide range of activities, groups, and services designed specifically for older adults. These opportunities not only encourage regular physical activity, which is key to staying healthy, but also provide vital social engagement that can improve mood, reduce feelings of isolation, and foster a sense of belonging.



By joining a local activity group, you can enjoy the benefits of exercise tailored to your abilities—whether it's gentle fitness classes, walking groups, or dance. Staying active helps improve mobility, strength, and balance, which are essential for maintaining independence. Additionally, group activities offer the chance to meet new people, share experiences, and build supportive friendships, which are crucial for emotional well-being.

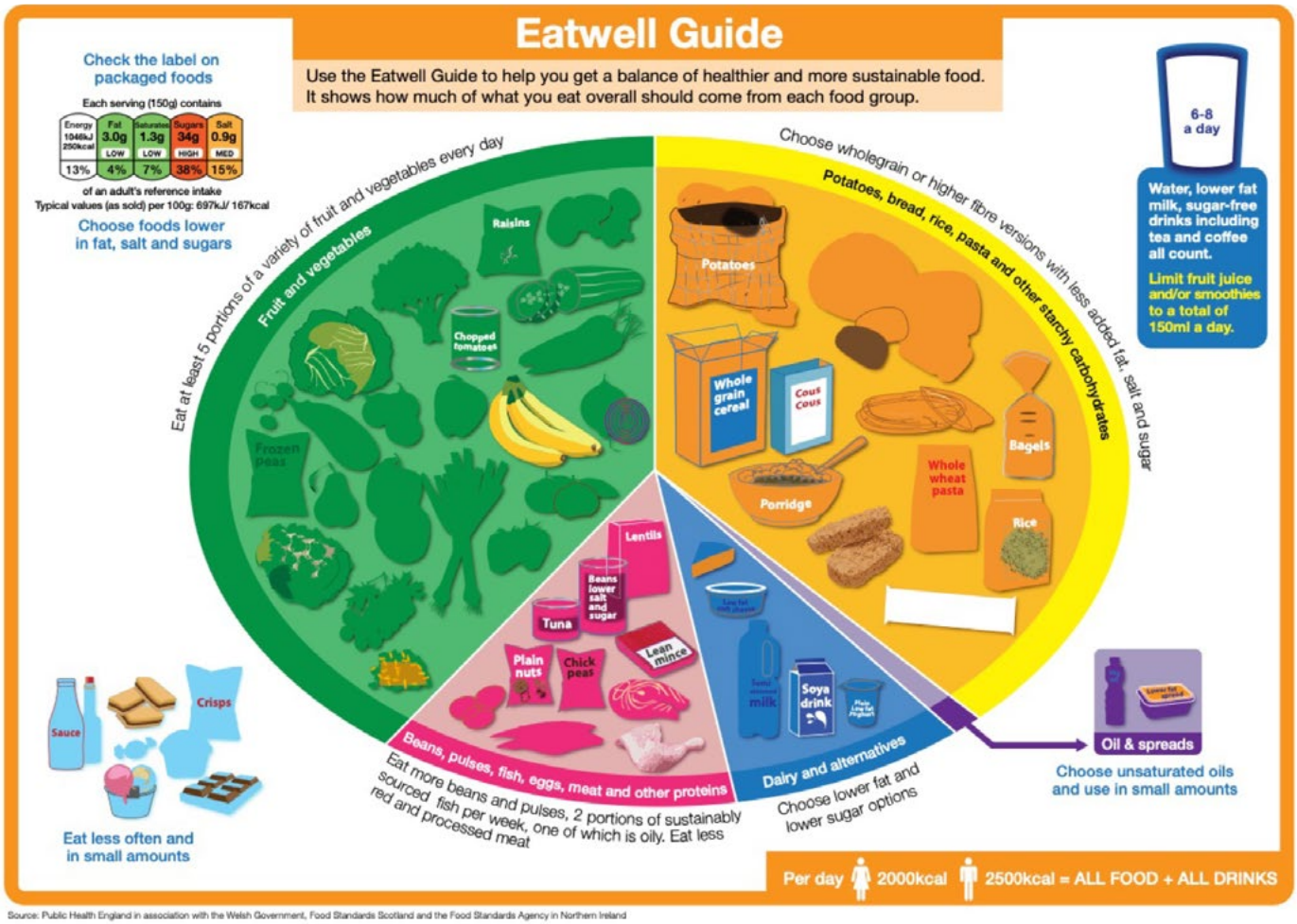
There are a variety of resources available in our community, from physical activity programs and social clubs to educational workshops and volunteer opportunities. Whatever your interests or needs, there's something for everyone to help you stay active, engaged, and connected.

Healthy Eating

Eating well and having a healthy lifestyle can help us feel our best – and make a big difference to our long-term health. So why not make a change today?

The Eatwell Guide illustrates the recommended proportions of different food groups needed for a balanced and healthy diet. These proportions reflect your overall food intake across a day or even a week rather than what you need at each meal.

Public Health England recommends:

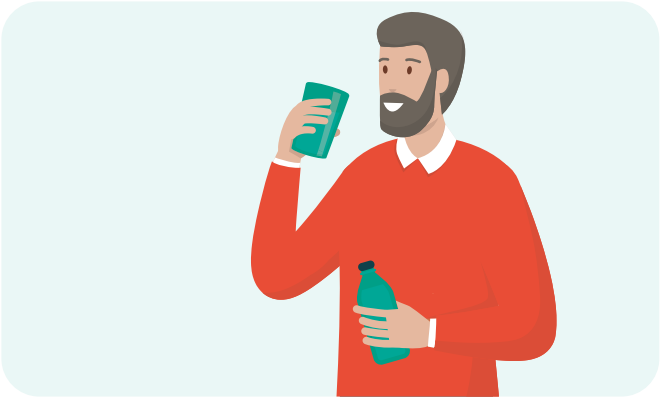


Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

How Can the Eatwell Guide Help?

The Eatwell Guide provides guidance on the types of foods and drinks we should include in our diet, as well as the proportions needed for a healthy, balanced diet. It highlights the following:

- Eat at least five portions of a variety of fruits and vegetables daily.
- Base meals on starchy carbohydrates like potatoes, bread, rice, or pasta, opting for wholegrain versions when possible.
- Include some dairy or dairy alternatives (e.g., soya drinks), choosing lower-fat and lower-sugar options.
- Eat a variety of protein sources, such as beans, pulses, fish, eggs, and meat. Aim for two portions of fish per week, one of which should be oily.
- Choose unsaturated oils and spreads in small amounts.
- Drink 6-8 cups or glasses of fluids a day.
- Limit foods and drinks high in fat, salt, or sugar, consuming them less frequently and in smaller portions.



Why is having a healthy, balanced lifestyle good for older adults?

A healthy, balanced diet is vital for older adults because it directly supports physical health, cognitive function, and overall well-being.

1. Boosts Immune Function
A nutrient-rich diet, including vitamins C, D, and zinc, strengthens the immune system and reduces the risk of infections like pneumonia and flu.

2. Prevents Nutrient Deficiencies
Older adults face a higher risk of deficiencies in calcium, vitamin D, and B12, which are vital for bone health, energy, and preventing anaemia.

3. Supports Bone Health
Calcium and vitamin D help reduce the risk of osteoporosis and fractures, improving bone density and strength.

4. Protects Heart Health
Diets low in saturated fats and high in fruits, vegetables, and healthy fats reduce the risk of heart disease by improving cholesterol and blood pressure.

5. Preserves Muscle Mass
Adequate protein intake helps prevent muscle loss (sarcopenia) and maintain mobility and independence in older adults.

6. Prevents Cognitive Decline
Diets rich in antioxidants and healthy fats, such as broccoli, spinach, carrots, potatoes, and avocado, are linked to slower cognitive decline and lower Alzheimer's risk.

7. Manages Chronic Conditions
A balanced diet helps control chronic diseases like diabetes and hypertension by regulating blood sugar, reducing inflammation, and managing blood pressure.

How can I find out more about healthy eating?

To find out more:

- Get general advice from www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx
- Contact your local community dietitian; you can do this through your health centre or GP.
- Contact your local NHS health promotion unit if you have one.
- For healthy eating ideas, handy tips and recipes, visit www.nhs.uk/change4life/Pages/change-for-life.aspx

Mental Wellbeing

Looking after mental health is crucial for older adults for several reasons, as it directly impacts their overall well-being and quality of life.

1. Physical and Cognitive Health
Mental well-being supports physical health and reduces the risk of cognitive decline.

2. Social Isolation
Mental health helps counteract loneliness and social isolation, which are common in later life.

3. Independence
Good mental health promotes independence by keeping older adults active and engaged.

4. Coping with Transitions
Mental resilience aids in managing life changes like retirement and losing loved ones.

5. Chronic Illness Management
Positive mental health improves adherence to treatments and chronic illness management.

Our Mental Health is just as important to look after as our physical health, and sometimes we don't recognise the signs that we are stressed, anxious or depressed.

The autonomic nervous system is a control system that regulates our bodily functions:

Sympathetic
Produces stress reaction, an essential survival mechanism, fight/flight response

Parasympathetic
Produces a calm, peaceful effect

Some of the effects of stress and calm on the body are outlined below:

Stress	Body System	Calm
Breathing is rapid and from upper part of the chest.	**Breathing**	Breathing is slow and from the lower part of the chest using the diaphragm.
The muscles become tense and ready for action.	**Muscles & Joints**	The muscles relax, taking pressure off the joints.
The blood is directed to the brain, muscles and special senses.	**Blood Circulation**	The blood is directed to the skin and improves digestion.
Senses are highly alert, e.g. hearing more alert.	**Special Senses**	Senses, e.g. sight and sound, reduce and seem quieter.
Digestion is switched off as body prepares for action.	**Digestion**	Digestion is switched on – you may hear the stomach gurgling.
The brain is working overtime, in a problem-solving manner, to make sure you are aware of everything.	**The Brain**	Your thoughts become unfocused and creative.

Sometimes stress can cause anxiety

Symptoms of anxiety can include:

- Headache
- Difficulties sleeping
- Aching and shaking muscles
- Dizziness
- Fast heart rate
- Blurred vision
- Dry mouth
- Feeling sweaty
- Shallow breath

Strategies that we can use to help to reduce stress and anxiety

Breathing correctly

'Belly breathing' involves breathing for four seconds through your nose with your hand on your belly, and as you breathe in slowly, your belly rises (try to breathe in slowly for 4 seconds). Then breathe out, initially through your mouth, slowly for four seconds, and your belly lowers. After a few breaths, breathe out through your nose.

Enjoyable activities

Examples include:

- Physical activities
- Meeting up with friends and family
- Hobbies

Relaxation

Here are some tips to use if feeling tense:

- Stretch the shoulders forward by opening the shoulder blades 2/3 times.
- Create an image of a nice object, e.g. a crystal or a colour, and feel the warmth radiating all over you.
- Create an image of a rainbow or sunshine. Focus on each rainbow colour individually, then feel the warmth of the sunshine.
- Create an image of a favourite place, e.g. the beach, a garden, or the countryside; then take yourself to that place and imagine the smells, sounds and textures.
- Place your thumb and forefinger between the web space of the opposite thumb and massage this gently for about a minute, then do the other hand.

Autogenic Relaxation

This is a form of relaxation that has been proven to help reduce anxiety and alleviate symptoms of stress. Autogenic means something that comes from within you. In this technique, you use a series of statements to help you to relax. You can sit or lie down to do this:

1) Close your eyes and imagine that your arms and legs are heavy. Don't try too hard, just be aware of the weight of your arms and legs. Repeat each statement to yourself three times:

"My right arm is heavy".
"My left arm is heavy".
"My arms are heavy".
"My right leg is heavy".
"My left leg is heavy".
"My arms and legs are heavy".
"I am relaxed and at peace".
"My neck and shoulders are relaxed and heavy".
"I am relaxed and at peace".

2) Imagine that your arms and legs are heavy and warm. Feel the warmth flowing down your arms from your shoulder, into the fingers and down the legs into the feet and toes. Then say to yourself:

"My right arm is heavy and warm"
"My left arm is heavy and warm".
"My arms are heavy and warm".
"My right leg is heavy and warm".
"My left leg is heavy and warm".
"My arms and legs are relaxed, heavy and warm".
"My neck and shoulders are relaxed, heavy and warm".
"I am relaxed and at peace".
"My breathing is slow, relaxed and even".

Sit or lie for a few minutes and enjoy the relaxation.

Before you open your eyes, wriggle your fingers and toes, turn your head from side to side, bend your arms at the elbow, take a deep breath, open your eyes and get up slowly.

Community Mental Health Services available:

NHS Talking Therapies

The NHS Talking Therapies for anxiety and depression programme (formerly known as Improving Access to Psychological Therapies, IAPT) was developed to improve the delivery of and access to evidence-based, NICE-recommended psychological therapies for depression and anxiety disorders within the NHS.

More information at the link below:

www.england.nhs.uk/mental-health/adults/nhs-talking-therapies/

Age UK

Age UK is the country's leading charity dedicated to helping everyone make the most of later life. We provide companionship, advice and support for older people who need it most.

More information at the link below:

www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/mental-wellbeing/

Samaritans

If you want to talk through any concerns, worries and troubles.

Phone number: 116 123

Falls Prevention Checklist

50% of falls which cause hospitalisation occur at home. A falls prevention checklist is a tool designed to help assess and mitigate factors that contribute to falls.

It provides a systematic approach to identify risks, promote safety, and encourage preventive measures in the home.

Inside the Home

Floors	
	Walkways are clear of furniture and other obstacles
	Loose mats and rugs have been replaced with non-slip rugs
	Cords and wires are taped down or folded away, hidden or against the wall
	Floor is clear of items that can be tripped on, such as shoes, magazines, and boxes
Stairs and Steps	
	Loose or uneven steps and carpet have been fixed down
	There are handrails on both sides of the stairs or existing handrails and secure
	There is good lightning in stairway with light switches at the top and bottom
	Stairs are clear of items that can be tripped on, such as shoes, magazines and boxes
Bedroom	
	Bedside table lights are available and easily accessible
	There are plug in night lights in bedrooms and hallways
	There is a phone in an accessible location, on the bedside table or on the floor, incase of fall
Bathroom	
	There are non-slip flooring or mats
	There are at least two grad bars in the bath / shower and toilet area
	Consider purchasing a shower chair and handheld shower head
	Add night lights along the hall or path to the bathroom
Kitchen	
	Regularly used items are in easily accessible places
	If you have to use a step ladder, ensure it has a handle at the top, never use a chair as a stepping stool
Other	
	An emergency numbers list, in large print, is near each phone
	Use a walking stick or a cane if your balance is unstable
	Consider a wearable medical alert device in the event of an emergency while you are home alone
	There is a phone near the floor, in the common areas, in case you fall and can't get up
	Beware of the location of your pets to avoid tripping
	Use reaching aid to reach items in high places
	Check your eye sight on a regular basis
	Test your hearing – ensure hearing aid fits well
	Check for dizziness as a side-effect of medications

Outside the Home: Dynamic Assessment

This assessment tool has been developed for assessing potential risks near the home.

Assessments should be undertaken on a case-by-case basis.It provides a systematic approach to identify risks, promote safety, and encourage preventive measures in the home.

Weather	Wet
	Windy
	Icy
Type of Path	Pavement
	No path
	Path is disjointed
Slope	Mostly level
	Slight gradient
	Steep
Path Conditions and Smoothness	Poor – very bumpy, lots of cracks, holes and weeds
	Moderate – some of the above
	Good – very few of the above
	Under repair
Width of Pavement	Suitable for only 1 person
	Suitable for 2 people
	Suitable for >2 people
Permanent Path Obstructions	Pole
	Signs
	Table and chairs
	Utilities covers and manhole covers
	Overhanging trees
	Tree roots
Outdoor Steps	Height of steps
	Number of steps
	Handrail?
Road Crossing	Kerb height
	Able to cross directly using the dropped crossing points?
	Road width
	Controlled by lights
Temporary Obstructions	Leaves
	Puddles
	Bins
	Scaffolding
	Other
	Streetlights resent
	Path is well lit
	Social environment – high foot fall

What to do if you fall

If you know you can't get up or feel pain in your hip or back, try calling for help with your phone or pendant alarm or by knocking on radiators or walls until assistance arrives. Keep warm by covering yourself with nearby items, keep moving your limbs, and gently roll from side to side if possible.

For urgent medical help, call 111 or 999 in an emergency.

If you are not hurt and believe you can get up, follow these steps:

1. Roll onto your side, then push yourself up onto your elbows.
2. Use your arms to push yourself onto your hands and knees.
3. Crawl toward a sturdy piece of furniture (like a stable chair or bed) for support.
4. Slide or lift the foot of your stronger leg forward until it's flat on the floor.
5. Lean forward and push up using your arms and front leg, gradually standing up.
6. Turn around, sit down, and rest for a minute to catch your breath.

Even if you are unharmed, be sure to inform a healthcare professional or carer about your fall.

Foot Care & Footwear

Foot care and appropriate footwear are critical for older adults, especially those at risk of falls, as they significantly impact mobility, stability, and overall safety.

Importance of Foot Care and Footwear

1. Prevention of Foot Problems
Older adults are prone to various foot conditions. Regular foot care helps identify and manage these issues early, preventing complications that can affect mobility. Research shows that proper foot care can reduce the incidence of foot ulcers and infections, which are common in those with diabetes and can lead to severe health issues.

2. Reduced Risk of Falls
Footwear plays a crucial role in preventing falls. Poorly fitting shoes or inappropriate footwear can lead to instability and increased fall risk. Shoes that offer support, cushioning, and traction enhance balance and stability and significantly lower the risk of falls in older adults.

3. Improved Mobility
Proper foot care and footwear can improve mobility by ensuring comfort and support while walking. Comfortable shoes that fit well can encourage older adults to remain active, which is essential for maintaining strength and flexibility.

4. Posture and Walking Stability
Well-designed footwear supports proper posture and walking. Shoes with a flat, non-slip sole help maintain an upright posture, reducing the risk of falls. Appropriate shoes can also accommodate orthotic devices, if needed, to further enhance stability.

Tips for Safe Foot Care and Footwear

1. Regular Foot Inspections
Older adults should check their feet regularly for any signs of cuts, blisters, or changes in skin colour. This is especially important for individuals with diabetes or neuropathy, as they may have reduced sensation in their feet.

2. Choose Appropriate Footwear
Choose shoes that fit well, provide support, and have non-slip soles. Shoes should have a wide-toe box, cushioning, and low heels to promote stability. Avoid flip-flops or high heels, which can increase the risk of falls.
'Cosyfeet' is one brand which offers shoes and slippers with great support. Their website is: www.cosyfeet.com

3. Consult a Professional
Older adults should consider consulting a podiatrist for personalised foot care advice and to address any specific foot concerns. A professional can also recommend suitable footwear options based on individual foot shape and health conditions.

4. Maintain Foot Hygiene
Regularly wash and moisturise feet, paying attention to dry skin, especially between the toes. Keeping toenails trimmed and free from fungus is also important.

5. Incorporate Balance Exercises
Engaging in exercises that improve balance can further reduce the risk of falls. Simple activities like tai chi or strength training can enhance stability.

Slipper Swap

Walking indoors in worn-out slippers, barefoot or in socks can increase the risk of falls, slips and trips, which lead to them spending time in the hospital or receiving treatment at home. This can make people feel less independent and more socially isolated.

Older adults and people with frailty in Basildon and Brentwood are encouraged to attend Slipper Swap events to swap their old slippers for a free pair of new NHS-approved slippers. The slippers have secure fastenings and robust soles to help prevent falls.

Dates for the Slipper Swap events can be found at: www.midandsouthessex.ics.nhs.uk/your-area/basildon-and-brentwood/slipper-swap-events-in-basildon-and-brentwood/

The project aims to prevent trips and falls and encourage residents to increase their activity levels and remain independent.

Home Aids

Help from Adult Social Care

It may be possible to get support for minor adaptations and equipment from Adult Social Care, such as grab rails in the bathroom or by your front or back door, additional stair rails or bath lifts, and perching stools.

You can purchase smaller items, such as bathboards and kitchen aids, from Specialist equipment stores or online stores.

If you require a major adaptation, such as a stair lift or a wet room, you may qualify for a Disabled Facilities Grant to pay for this.

This will also require an assessment by an Adult Social Care Occupational Therapist.

If you require help with personal care, i.e. washing and dressing, this will also require an assessment by Adult Social Care.

Assistive Technology

Adult Social Care may also be able to provide you with assistive technology such as a care line to call for help in an emergency, a falls sensor for outside and inside the house, or reminders to take medication or about appointments. If you feel you need any of these devices, contact Adult Social Care. There is currently no charge in Essex for this type of equipment.

Home Exercise Plan

At-Home Exercises for Lower Limb Strength

1. Sit to Stand from the Chair

Sitting forwards in your chair, feet firmly on the floor. Lean forward and move into a standing position. Pause at the top and return to the starting position. Try not to use your arms when getting up from the chair.

Repeat the movement 5-10 times once daily (work your way up to more repetitions).

2. Half Squat

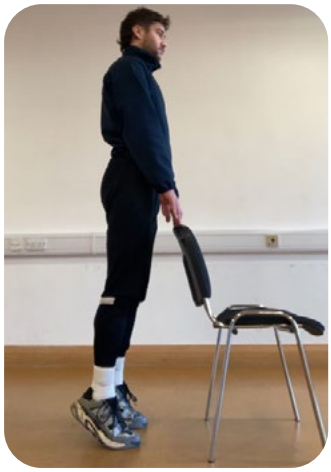
Stand with feet shoulder-width apart, toes slightly out, and keep your back straight. Lower yourself by bending your knees and hips halfway down (your thighs should be parallel to the floor). Keep your chest up and core tight. Push through your heels to return to standing.

Repeat the movement 5-10 times once daily (work your way up to more repetitions).

3. Double Leg Heel Raise

Stand with your feet hip-width apart and your hands on a wall or chair for balance (can progress to no balance aid). Slowly lift both heels off the ground, rising onto the balls of your feet. Hold for a second, then slowly lower your heels back down.

Repeat the movement 5-10 times once daily (work your way up to more repetitions).


4. Glute Bridge

Complete this exercise on your bed. Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Keep your arms at your sides, palms facing down. Squeeze your glutes and lift your hips off the floor until your body forms a straight line from shoulders to knees. Hold for a second, then slowly lower your hips back down.

Repeat the movement 5-10 times once daily (work your way up to more repetitions).



Tips for Safety:

- **Use Support:** Always have a chair, countertop, or wall for support.
- **Start Slow:** Begin with shorter hold times and gradually increase as strength improves.
- **Wear Proper Footwear:** Use supportive, non-slip shoes to enhance stability.

Resistance Band Exercises to Use at Home

1. Seated Hip Abduction

Loop the resistance band around both thighs, just above the knees. Sit upright with your feet flat on the floor. Press your knees outward against the band, keeping your feet stationary. Slowly return to the starting position.

Repeat the movement 5-10 times once daily (work your way up to more repetitions).

2. Seated Quad Extension

Start with your knee bent at a 90-degree angle. Slowly extend your leg out in front of you, straightening the knee against the resistance of the band. Focus on engaging your quadriceps (front thigh muscles) to lift and extend your leg fully. Hold the leg in the extended position for 1–2 seconds, feeling the contraction in your quad.

Slowly return your leg to the starting position, keeping control of the movement and maintaining tension on the band. Repeat for 8-10 reps on one leg, then switch the band to the other foot and perform on the opposite leg.

Repeat the movement 5-10 times once daily (work your way up to more repetitions).

3. Seated Leg Press

Sit on a sturdy chair with your back supported. Loop the resistance band around the arches of your foot and hold the ends securely with your hands. Start with your knee bent, then press your leg straight out in front of you against the band's resistance. Slowly return to the starting position.

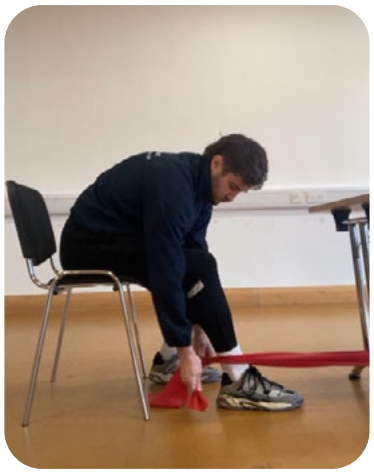
Repeat the movement 5-10 times once daily (work your way up to more repetitions).



4. Seated Hamstring Curls

Secure the band around one foot and anchor the other end to a sturdy object (like a chair leg or table). Sit with your back straight and feet flat on the floor. Pull your heel toward the chair, stretching the band. Slowly return to the starting position. Repeat on the other leg.

Repeat the movement 5-10 times once daily (work your way up to more repetitions).



5. Seated Knee Extensions

Anchor one end of the band to the leg of the chair or another stable object. Loop the other end around one ankle. Extend your leg straight out, stretching the band. Slowly return to the starting position. Repeat on the other leg.

Repeat the movement 5-10 times once daily (work your way up to more repetitions).

6. Seated Plantar Flexion (Calf Press)

Loop the resistance band around the ball of one foot and hold the ends with your hands. Push your toes away from you, stretching the band. Slowly return to the starting position. Repeat on the other foot.

Repeat the movement 5-10 times once daily (work your way up to more repetitions).

Tips for Safety:

- **Use Support:** Always have a chair, countertop, or wall for support.
- **Start Slow:** Begin with shorter hold times and gradually increase as strength improves.
- **Wear Proper Footwear:** Use supportive, non-slip shoes to enhance stability.

Fall Proof: Able Like Mabel

Fall-proof is your easy-to-use strength and balance plan!

This is an easy-to-follow guide which includes:

- Your 'how are you doing now' self-check
- Six simple exercises you can do alongside other activities to keep you feeling healthier and stronger
- A progress chart to fill in that you might want to share with friends and boast about as you progress!

Regardless of your age, building these simple exercises into your daily routine will make completing everyday jobs easier and help to keep you steady, strong and able to get out and about so that you can enjoy your life now and in the years to come.

Find out more at: http://wesport.org.uk/custom-content/uploads/2022/06/1Fall_Proof_Booklet-v6-PRINT-Wesport.pdf.

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