

# Be Physically Active

Did you know that 1 in 3 people over the age of 65 will have at least one fall during the next 12 months?

Inactive or unfit people tend to have poorer balance and weaker muscles and can be unsteady when walking.

## Falls are Preventable



Be physically active every day. Whatever your age, aim to do at least 30 minutes of moderate physical activity, at least 5 times a week.

Exercises and activities that make you both stronger and improve your balance lower the risk of having a fall. Some examples are Tai Chi, strength training and group exercise programs that include balance and muscle strengthening.

You may need a doctors referral for some of the activities offered.

Being physically active will increase your chance of leading a healthy, independent life.

For more information on the Active Over 50 or Healthy Lifestyle Programs, or how to avoid a fall, go to [www.healthpromotion.com.au](http://www.healthpromotion.com.au) or ring the Central Coast or Ryde Health Promotion Unit.

**Phone: 1800 059 561**