

Improve Your Balance

How good is your balance? Do you have problems when you stand up, walk, turn around, climb stairs or sit down? Have you noticed that your walking style has changed, perhaps a tendency to shuffle?

There are many changes to our bodies as we get older, and maintaining effective balance can become difficult.



Falls are Preventable

Your balance can be affected by:

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| Medication | Ask your doctor if any of your medications could be causing this. |
| Inner Ear Problems | Even something as simple as wax in your ear can affect your balance, so have your ears checked regularly. |
| Sudden Movements | Gentle exercise may be able to help with this problem. Ask your doctor. |
| Colds and Sinus | Complaints can throw you off balance |

If you are concerned in any way about your balance talk to your doctor. You might be referred to a physiotherapist for a balance test, or your doctor may refer you into the Active Over 50 or Healthy Lifestyle Programs. Your doctor will advise you on the most appropriate type of exercise for you.

Being physically active will improve your balance and increase your chances, 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 or ring the Ryde or Central Coast Health Promotion Unit.

Phone: 1800 059 561