



Keep Active

The best thing to keep you from falling is to stay physically active. Physical activity keeps your muscles and bones strong, improves your balance and keeps you connected with people. Ask your doctor or healthcare professional about the best exercise program for you.

Tips for Staying Physically Active

- * Choose an activity you enjoy and will be able to do regularly.
The easiest activity for most people is walking. Going for a walk is free, needs no equipment and you decide where and when to go. All you need is a pair of good shoes.
Call the local recreation board for physical activity programs in your community.
- * 30 minutes of physical activity a day is recommended.
Remember 30 minutes doesn't have to be all at once. Short sessions of at least 10 minutes may work better if you are just starting out or if it is hard to find the time.
- * Talk to your doctor, healthcare professional, family, or friends if your fear of falling is keeping you from being active.
Fear of falling can not only limit your activity, but also isolate you from family and friends. People who are isolated, lonely and less active have more falls and more serious injuries.

Take action because falls are no accident!

Five Hills Health Region
Working together to prevent falls.

