

It's never too late

Let's get *moving!*

An information leaflet on staying
active and preventing falls.



Why should I stay active?

Between the age of 50 and 70 we lose about 30% of our muscle strength, which is made worse by long periods of sitting. Losing muscle strength can increase the risk of having a fall.

One in three people over 65 will have a fall each year. This rises to one in two when aged over 80.

The good news is falls are not a natural part of ageing and the majority of falls can be prevented by changes to our lifestyle, like being more active.

How much activity should I do?

Alongside 150 minutes of *moderate level activity each week, it is also recommended to include strength and balance exercises twice a week. (*Moderate level activity raises your heart rate, and makes you breathe faster and feel warmer.)

Strength exercises make your muscles work harder than usual and can help build muscle and balance. Examples are yoga, pilates, tai chi, strength and balance classes, lifting weights, working with resistance bands, racket sports, Nordic walking and dancing.

What are the benefits of staying active?

Staying active is great for your mind and body. It can help strengthen your immune system to fight off infection and reduce your chances of developing serious conditions, such as heart disease, type 2 diabetes and dementia.

In addition, strength and balance exercises can help to:

- strengthen your bones and muscles
- improve your balance and mobility
- reduce the risk of *osteoporosis (*a condition where bones become brittle and weak and prone to break on impact of a fall)
- reduce the risk of falling
- increase your confidence and independence in carrying out day-to-day activities.

There are lots of ways you can build activity and strength and balance exercises into your day.

With any exercise remember to work at your own pace.

If you are unsure whether certain exercises are suitable, check with a healthcare professional first.

If you experience chest pain, dizziness, or severe shortness of breath, stop and call your GP or **111**.

Let's get moving

Take part in simple and fun Let's Get Moving challenges, like the Cuppa Challenge, where you can do simple strengthening exercises, such as heel raises, in the time it takes the kettle to boil. There are lots of challenges to choose from, which can be done at your own pace, at home or outdoors. For more fun options and hints and tips on how you can add more movement into your day **visit: www.healthydudley.co.uk/lets-get-moving**

Healthy hubs

Healthy hubs provide a range of activities, including strength and balance classes, for those who are unsteady on their feet, or have a fear of falling.

Healthy hubs are based at Netherton Park, Mary Stevens Park, Silver Jubilee Park, and Huntingtree Park.

Visit: www.healthydudley.co.uk/choose-healthy-hub

Leisure centres

Fitness classes, swimming and gym are available at Duncan Edwards Leisure Centre, Crystal Leisure Centre and Halesowen Leisure Centre.

Visit: www.dbleisure.co.uk

Dance to health

A free online film library of dance videos aimed at those aged 50+, to help increase strength and balance. Exercises can be done seated or standing.

A 90-minute DVD is also available to borrow from the following libraries: Dudley, Stourbridge, Halesowen, Brierley Hill, Sedgley and Kingswinford.

Visit: www.dancetohealth.org/dudley

Dudley community information directory

An online directory to help you search for local groups, activities, clubs, services and events across the borough.

Visit: www.dudleyci.co.uk





What else can I do to avoid falls?

- Look after your eyes and get regular sight tests
- Take care of your feet by trimming toenails regularly. See your GP or podiatrist about any foot problems
- Wear sensible footwear/slippers with good grip and support
- Remove clutter around your home
- Be aware of your surroundings and look out for any trip hazards
- Use a mobility aid if you have been advised to do so by a health professional
- Make sure you have good lighting in and outside your home
- Eat regular, healthy and balanced meals and drink enough water or non-alcoholic liquids to keep hydrated
- Take a daily vitamin D supplement to support bone health
- Manage any long-term health conditions by attending routine health appointments
- Review your medication with your GP or pharmacist every 12 months
- Quit smoking and drink only a sensible amount of alcohol

Useful contacts

Healthy Dudley

Dudley public health website with information, resources and news for improving your health and wellbeing. It covers from conception and early life to healthy ageing, including recipes, vaccinations and services to get you more active, stop smoking and stay a healthy weight.

Visit: www.healthydudley.co.uk

Dudley adults portal

For information on adult social care, including safeguarding concerns, support for carers, housing adaptations, and local groups and activities.

Visit: www.dudley.gov.uk/dudley-adults-portal

Stepping out

Provides toenail cutting and filing of hard skin, available to those aged 60 or above, registered with a Dudley GP, not eligible for NHS podiatry services and who have difficulty looking after their own feet.

Email: steppingout@ageukbirmingham.org.uk

Tel: 0121 437 0033

If you require assistance with this document, or would like this information in a language other than English, or alternative formats such as large print or audio, please email healthydudley@dudley.gov.uk or call **0300 5552345**



Useful cut out and keep exercise guide

Five strength and balance exercises you can do at home

You will need a sturdy chair and footwear with good grip and support.

Aim to do each exercise at least two to three times a week. You can do more but always listen to your body and go at your own pace. Do these exercises with good upright posture with control. Feeling a slight soreness the day after exercise is normal.

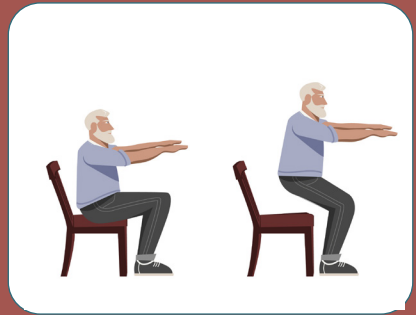
By doing these exercises regularly you will notice an improvement in your balance, coordination and core muscle strength. When the exercises become too easy, challenge yourself more by increasing the number of repetitions and modify the exercises as suggested below.

Sit to stand

- Sit tall in your chair
- Stand up and slowly lower yourself back down, with control
- Repeat 10 times

Progression

- Add in more repetitions and/or complete this more than once during the day

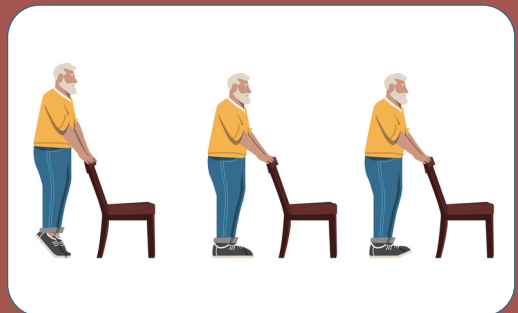


Heel and toe raises

- Stand with feet hip-width apart and hold the back of a chair
- Slowly lift your heels up and back to the floor 10 times
- Now lift your toes up and back to the floor 10 times

Progression

- Loosen your grip on the chair, but keep your hands there for support

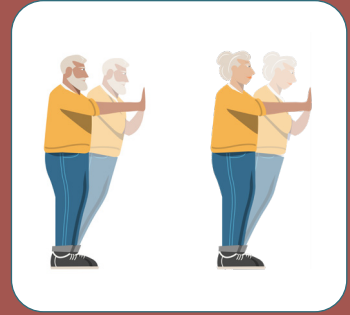


Wall press

- Stand at arm's length from the wall
- Press hands flat against the wall at chest level
- Bend and straighten your arms
- Repeat 10 times

Progression

- Bend your arms and hold the position before straightening

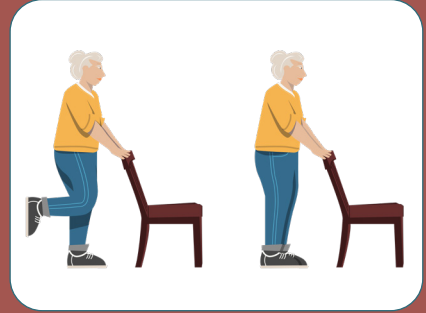


One-legged stand

- Stand holding onto the back of a chair
- Lift one leg and hold for 10 seconds
- Repeat 10 times
- Repeat on the other leg

Progression

- Loosen your grip on the chair but keep hands there for support
- Close your eyes or move your head from side to side to increase the challenge



Heel-toe stand/walking

- Stand with one hand holding the back of a chair
- Place one foot directly in front of the other foot, and hold for 10 seconds
- Place the front foot back to hip-width and place the other foot in front
- Repeat 10 times

Progression

- Try to close your eyes or move your head from side to side
- Looking ahead, place one foot directly in front of the other. Walk in a straight line, taking 10 steps forwards, with one hand on a support like a kitchen worktop if needed

