

The table below gives you some ideas for activities and whether they will improve your balance.

Activity	Impact of exercise	Improved balance
Power walking	✓ ✓	✓*
Hiking	✓ ✓	✓*
Jogging	✓ ✓ ✓	✗
Dancing	✓ ✓ ✓	✓ ✓ ✓
Tai Chi	✗	✓ ✓
Swimming	✗	✓
Golf	✓	✓

\*Improves balance on uneven ground

You're more likely to exercise if you can find an activity you really enjoy and that fits your everyday life.<sup>17</sup> For example if you regularly meet a friend for a coffee, why not try a brisk walk to the café instead of driving, or join a dance class where you can meet other people and have fun.



There are also plenty of exercises you can do at home. We've included a few training examples for you below and on page 13. If you don't currently do a lot of physical activity, then start off slowly but steadily.

Depending on your fitness levels, aim to do about 30 minutes of physical activity on 5 days each week.<sup>18</sup> You can break these down into shorter sessions if you want. The table below shows how easily a range of activities spread over a week can add up.

Activity	Total length of time each week
Walking	30-60 minutes
Gardening	30-60 minutes
Vacuuming	15 minutes
Jogging	30 minutes (15 minutes per session)
Dance class	45 minutes
<b>Total</b>	<b>2 hours 30 minutes</b>

The most important thing is to find something that you enjoy and to maintain it. You'll soon see and feel the benefits.

## Avoiding falls

There are lots of things you can do to avoid having a fall. Talk to your doctor if you ever feel light-headed or unsteady on your feet and remember that other medication you take could cause you to feel dizzy or drowsy.

In addition:

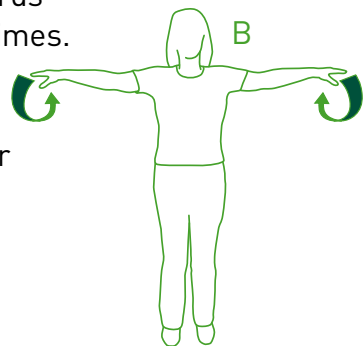
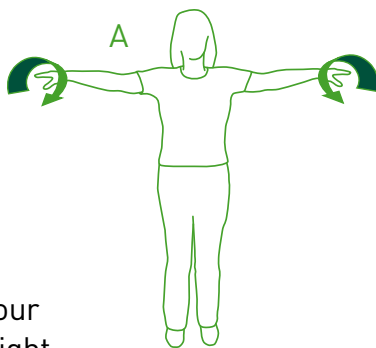
- Make sure your shoes and slippers fit well, and avoid high heels
- Have your sight tested regularly, even if you don't wear glasses
- Avoid trailing wires and clutter on the floor that you could fall over.



## Exercises to maintain strong bones

### Arm and back muscles

- 1 Sit or stand with a good supported posture, stretch your arms out to the side, keeping your hands level with your shoulders and your elbows straight.
- 2 Slowly circle your arms backwards 10 times and then forwards 10 times.
- 3 Make sure you do not slouch or lose your good posture.
- 4 Repeat this 3 times resting after each set of 10 forward and 10 backward circles.



## Tummy muscles

- 1 Sit comfortably in your chair with your back away from the back support.
- 2 Place your hands on your hips just below the waist.
- 3 Gently pull your tummy button towards your spine – this will make you feel like you're sitting up straighter.
- 4 Keep your tummy muscle switched on, as you tilt your pelvis backwards and then forward.
- 5 Repeat this 5 times in 3 sets taking a rest between each set as you need to.



## Step ups

- 1 Stand at the bottom of the stairs and use the banister or wall for balance if necessary.
- 2 Step up with your left leg, ensuring your heel is on the step then bring your right leg alongside it.
- 3 Step down with the left leg, bringing the right foot to join it.
- 4 Repeat, leading with the right leg.
- 5 Do as many step-ups as you can in one minute, gradually increasing the time you spend on this exercise.

