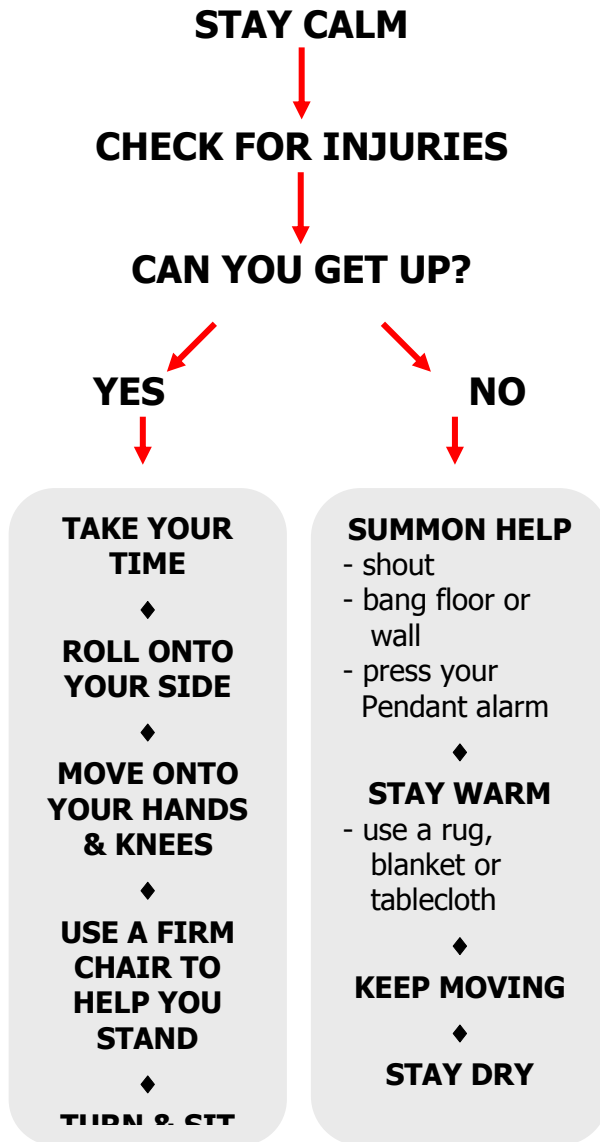


WHAT TO DO IF YOU FALL



INFORM YOUR GP

Contact details

Tri-borough Falls Prevention Service
St Charles Centre for Health & Wellbeing
Exmoor Street
London, W10 6DZ
Tel: 020 8102 5494

www.clch.nhs.uk

Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak confidentially to the PALS team on 0800 368 0412 or email clchpals@nhs.net

Central London Community Healthcare **NHS**
NHS Trust

Barnet ■ Hammersmith and Fulham ■ Kensington and Chelsea ■ Westminster

Benefits of Physical Activity



A guide on how an active lifestyle can help prevent falls

Falls Prevention Service

It's never too late to do exercise to maintain or improve your fitness and lessen the likelihood of falling.

People who stay ACTIVE are likely to lead more independent lives.

WHAT HAPPENS AS WE AGE:

- Energy Levels decrease
- Endurance decreases
- Strength of both muscles and bones decreases
- Flexibility of both muscles and joint decreases
- Balance is impaired
- Coordination decreases
- Speed decreases
- Senses deteriorate (Sight, Hearing, Touch & Sensation)
- Heart Function is compromised
- Urinary incontinence can occur

BENEFITS OF EXERCISE

- Improves muscle strength
- Balance improves with practice
- Increases movement in joints
- Makes bone stronger
- Improves posture and body awareness

- Weight control
- Endurance improves, you tire less easily
- Sleep improves
- Reaction time improves
- Helps control blood pressure
- Reduces risk to falls
- Improves confidence
- Improves mood and decreases stress and anxiety
- Improves memory and concentration
- Improves opportunity to socialise and meet people
- Taking control of your life

HOW MUCH PHYSICAL ACTIVITY SHOULD I DO:

The Department of Health recommends:

- 5 days a week (at least)
- At least 150 minutes of moderate intensity/ week (you should be able to still talk)
- 30 minutes minimum (it can be broken down into 10-15 minutes chunks)
- Should include both strengthening and balance activities

HOW CAN I HELP MY ...?

- **Balance:** Specific training and activities where your stability is challenged, i.e. Tai-Chi classes, Yoga, Pilates and Dance classes such as line dancing.
- **Muscle Strength:** Resistance exercises. Any training using external resistance or body weight, i.e. elastic band exercises or small weights.
- **Bone Health:** Weight bearing exercises. Activities where your body weight is supported through your joints such as standing, walking and dancing. Also press and push-ups for your arms.
- **Endurance:** Aerobic forms of exercises such as brisk walking, dancing, jogging, cycling and swimming.

“Man does not cease to play because he grows old. Man grows old because he ceases to play”

George Bernard Shaw