

## Strong and Steady

### Keep active... stay strong

Physical activity is important for your health and wellbeing at any age.

Keeping active improves muscle strength and balance so that you feel good, stay strong, look well and enjoy life. Good balance is needed to move about confidently and safely, both inside and outside the home.

Physiotherapists and exercise physiologists can help you to improve your strength and balance.

### What types of activities will keep me strong and steady?

Activities that build muscle strength and balance skills will help you stay steady on your feet. These include:

- > exercise groups, that include some standing activities, and focus on strength and balance
- > exercise programs that have been designed especially for you by a physiotherapist or exercise physiologist, that you can do at home or with their assistance
- > Tai Chi or dancing.



*"I can really feel the difference Tai Chi has made in my life. I now have the energy and confidence to take my grandson to the park every week."*



### How can I get started?

- > Discuss with your doctor options for activities to improve your balance and strength.
- > Find out about convenient activities and choose one you will enjoy.
- > Begin your new activity gradually. Start at a level that suits you and build up over time.
- > Aim for 30 minutes or more of activity, on most days of the week.



### Who can help me?

Talk with your doctor about any concerns you have about increasing your activity.

Your Doctor or health professional has information about;

- > Day Therapy Centres
- > Community exercise classes
- > Strength for Life 50+ Programs
- > Team Care Arrangements
- > Physiotherapists and Exercise physiologists

The Seniors Information Service has information about community groups and services (08) 8168 8700  
Freecall 1800 636 368 (country callers)

[www.seniors.asn.au](http://www.seniors.asn.au)

Active Ageing SA has information about exercise groups, recreation and sports across most areas of SA (08) 8232 9077

[www.activeageingsa.net.au](http://www.activeageingsa.net.au)

### For more information

**Falls and Fall Injury Prevention  
Safety and Quality Unit  
PO Box 287, Rundle Mall SA 5000  
Telephone: 08 8226 6334  
[www.safetyandquality.sa.gov.au](http://www.safetyandquality.sa.gov.au)**

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