

## **Let's Get Physical**

Falls are one of the major risks as you get older. While it is important to manage your health and check your medicines are reviewed regularly, gentle exercise to keep you fit and activities to help maintain your balance and flexibility are also helpful ways to help prevent falls.

There are a number of programs and resources which can assist, as listed below.

### **Choose Health: Be Active**

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-physical-choose-health>

Jointly developed by the Australian Government's Department of Health and Ageing and Veteran's Affairs, this provides tips and strategies for older Australians to build 30 minutes activity into their day, including specific information on exercising with chronic illness.

### **Living Longer Living Stronger (COTA WA)**

<http://www.llswa.org.au/>

An evidenced-based strength training and exercise program specifically targeted to people aged over 50 years. Some programs include physiotherapists and physiologists. Classes are conducted at over 50 locations across the State.

### **Stay On Your Feet**

<https://www.stayonyourfeet.com.au/>

Coordinated by Injury Matters for the Department of Health WA, Stay on Your Feet aims to reduce falls and related injuries in older adults living in the community and encourage confidence in independent living. Provides information on falls prevention for older people living at home, including helpful checklist to remove hazards in the home; exercise classes; and how to improve your balance.

### **Arthritis and Osteoporosis WA**

<https://www.arthritiswa.org.au/content/page/exercise.html>

Provides information and conducts exercise classes suitable for people with arthritis or osteoporosis.

### **Taoist Tai Chi Society**

<http://www.taoist.org.au/content/standard.asp?name=Home>

Tai chi has been demonstrated as contributing to better balance and posture, and increased strength and flexibility, and is seen as particularly beneficial for older people. Classes are held throughout Western Australia.

### **Seniors Recreation Council**

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

Includes information on a number recreational activities and information expos on physical activity and recreation programs.