

## Preventing Falls by Staying Active

The Physical Activity Guidelines for adults and older people recommend that 150 minutes of Physical Activity is completed throughout the week.

**Strengthening and balancing** exercises should be completed as part of the 150 minutes by adults and older people on at least two days in the week.

This is because from 30 years of age muscle strength starts to decline with losses of 3-5% per decade and 12-15% per decade after 50 years of age.

It is therefore vital that adults of all ages build in strengthening and balancing activity into their daily routine.

For further information on community strength and balance contact Lisa McAliskey, Community Health Improvement Officer on 028 3756 3952 or

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## Activities that help maintain and improve strength and balance include:

- ✓ Gardening
- ✓ Housework
- ✓ Walking to the shops rather than driving or using the bus
- ✓ Strengthening and balance classes
- ✓ Yoga – its never too late to learn
- ✓ Tai Chi or Chi Me (a simplified form of tai chi)
- ✓ When sitting keep your back as straight as possible to avoid a stooped posture (the enemy of good balance!) Ref. *Get up and Go, A Guide To Staying Steady*, Chartered Society of Physiotherapists

**Be active**

at least **150** minutes moderate intensity per week  
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week  
breathing fast difficulty talking

or a combination of both

**Build strength**  
to keep muscles, bones and joints strong

on at least **2** days a week

Gym, Yoga, Carry heavy bags

**Minimise sedentary time**  
Break up periods of inactivity

**Improve balance**  
For older adults, to reduce the chance of frailty and falls  
2 days a week

Dance