

Fall-proof
Strength and balance plan

Able like Mabel.

Your easy to use guide for exercises at home.



Stand like Stan.

Visit www.fallproof.me to find out more

Your easy to use Strength and Balance Plan.

Many of us are young at heart, aren't we? To help us stay active and able, we need to care for ourselves in a different way as our body changes. If you know someone who has had a fall, you may have noticed how this makes them worry about it happening again and the effect this may have on their independence. As our bodies change, different exercises can help with keeping us strong and steady later on.

This is an easy-to-follow guide which includes:

- Your 'how are you doing now' self-check
- Six simple exercises you can do alongside other activity, to keep you feeling younger and stronger
- A progress chart to fill in, that you might want to share with friends and boast about, as you progress!

Regardless of your age, building these simple exercises into your daily routine, will make completing every day jobs easier and help to keep you steady, strong and able to get out and about so that you can enjoy your life now and in your years to come.

Prefer to join a class instead?

If after taking the self-check overleaf you feel confident enough, why not join a class instead? Here you will meet a range of likeminded people, in a friendly and social, safe environment. You can find a list of classes near to you on our webpage: www.fallproof.me or ask the person who gave you this booklet.



Take care

If you often feel light-headed or faint, if you haven't had your medication checked within the past 12 months, or if you have had two or more falls in the last year, make an appointment to see your GP or pharmacist. If at any time you feel unwell whilst doing any of the exercises in this guide please stop.

To find out more visit: www.fallproof.me

Your Self-check.

Below are some simple daily exercises that you may have noticed have become more difficult.

Why don't you complete the table below to see how you are getting on now? Choose an answer from one of the three boxes next to each question.

Do you find it more difficult walking through narrow spaces?

Do you feel unsteady or find it hard work getting in and out of the car, or getting off a bus?

Do you feel the need to stop or slow down when talking while walking?

Do you need to use your hands to get in and out of a chair?

If you have noticed any of these changes, it would be beneficial for you to complete the exercises in this booklet. Remember, there are also classes in the local community which can offer a helping hand and these can be found by visiting our website: **www.fallproof.me**

Never	Sometimes	Often

YOUR SELF-CHECK EXERCISE –
WHAT CAN YOU DO NOW?

Sit to stand up challenge!

What's the benefit?

Do this simple challenge to check your strength and balance ability right now. Record your number on the 'Progress Chart' at the back of this booklet.

Please don't do this exercise if you feel dizzy or unwell.



Step one.

Sit towards the front two thirds of a sturdy chair, feet back with heels on the floor and feet slightly apart.



Step two.

Stand up and sit back down again without using your hands as many times as you can in 30 seconds.

Stop when you need to rest or when you get to 30 seconds.

Record the number of times you can do this in 30 seconds.

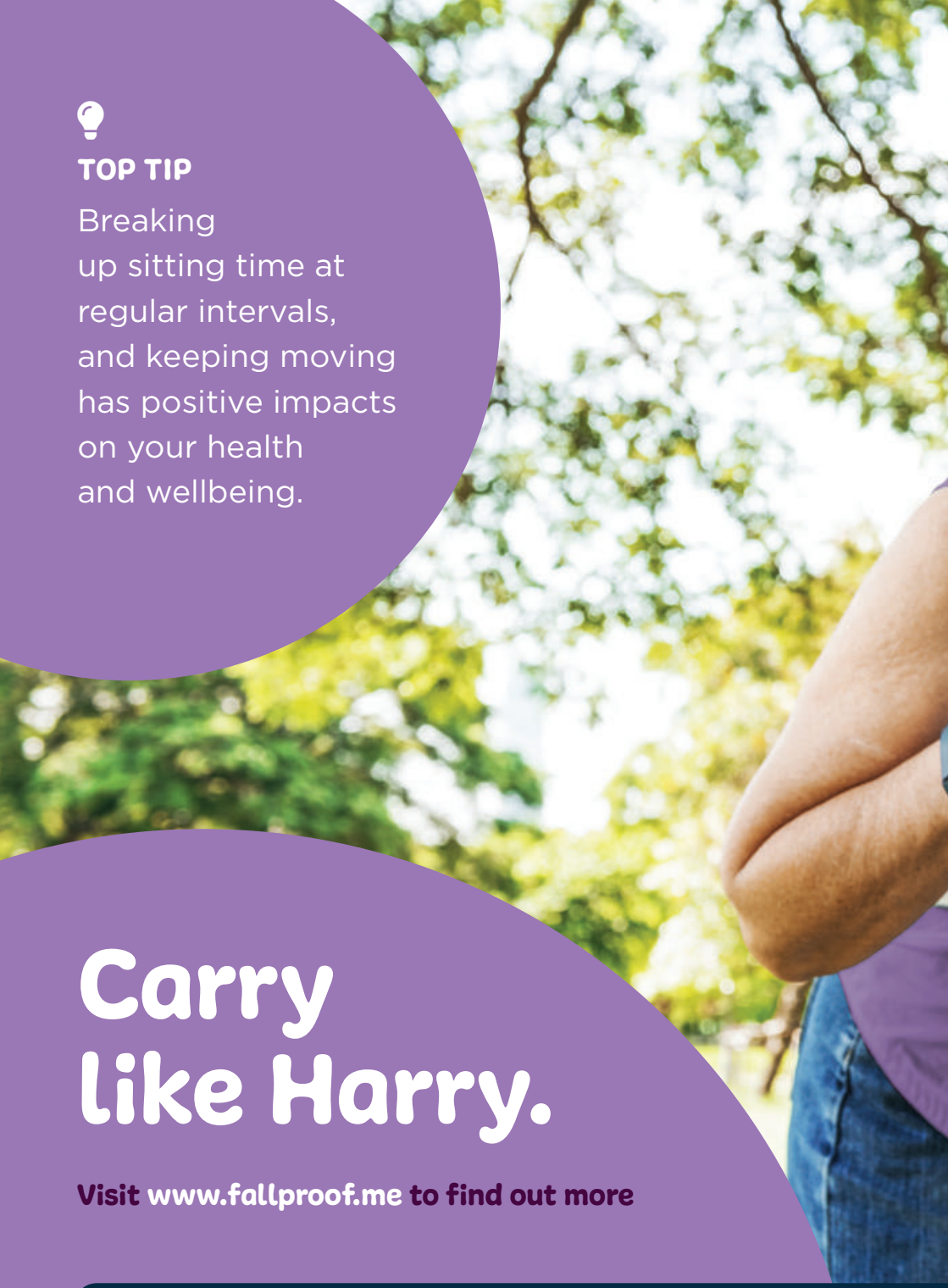
How do you compare?

These are the average range of scores for your age group.

	Men	Women
Ages 60-69	12-19	11-17
Ages 70-79	11-17	10-15
Ages 80-89	8-15	8-14
Ages 90 & Over	7-12	4-10

TOP TIP

Breaking up sitting time at regular intervals, and keeping moving has positive impacts on your health and wellbeing.



Carry like Harry.

Visit www.fallproof.me to find out more



Exercises in this guide.

Here are the exercises in this guide and the page number you can find them on:

14 **Heel to toe standing and walking**
This will help you to walk through narrow spaces and stay balanced when walking on uneven ground.

16 **Single leg balance**
This will help you to balance when walking up and down kerbs, climbing up steps and getting on to the bus.

18 **Heel and toe raise**
This will help you to improve your balance when walking and stepping over objects.

20 **Side leg raises and sideways walks**
This will help you to step sideways when you need to walk around something to avoid tripping.

22

Sit to stand

This will help you to get out of a chair and in and out of a car or bus seat.

24

Stepping up a step

This will help you go up and down stairs more easily and help you stay steady on uneven paths and on steps.

WALKING

Going for a daily walk and moving regularly will also be beneficial to you. Start with short walks and if you find this difficult, build up your distance gradually.

Exercise 1.

★ ☆ ☆ ☆

CHALLENGE RATING

Heel to toe standing and walking.

What's the benefit?

This will help you to keep your balance when you walk through tight spaces.

Starting position

Hold on to something solid and immovable (your kitchen counter might be good) and stand with your heel to your toe. Like standing on a tightrope.

Step one

Hold for 10 seconds.
Try to gradually reduce your hand support.





Step two

Complete this with the other foot in front and aim to repeat twice.

Progress ★★☆☆

Progress this by slowly walking along the counter, heel to toe in a straight line. Turn around and go back again. Walk for a few steps in each direction.

You can also progress this by reducing your hand support.

TOP TIP

You could do this exercise whilst you wait for the kettle to boil.



★★★★

CHALLENGE YOURSELF

If you feel strong enough, hold the balance for longer, or try walking backwards slowly, toe to heel, using hand support at first if needed.

Exercise 2.

★ ☆ ☆ ☆

CHALLENGE RATING

Single leg balance.



What's the benefit?

This will help you to climb up steps, get in and out of cars and get on to the bus.

Starting position

Stand facing a solid support, holding lightly to start with.

TOP TIP

You could do this exercise whilst you are at the sink or kitchen side waiting for the kettle to boil, or when you are on the phone

Step one

Lift one foot off the floor and hold for as long as you can. Gradually try to reduce your hand support as you feel able.

Step two

Change legs and raise the other foot. Aim to repeat this a few times.



★★☆☆

CHALLENGE YOURSELF

Hold the balance for longer and reduce the hand support.

Exercise 3.

★ ☆ ☆ ☆

CHALLENGE RATING

Heel and toe raise.

What's the benefit?

This will help you to balance when walking and stepping over objects.

Starting position – heel raise

Stand facing a solid support, holding lightly to start with.

Step one

Lift your heels off the floor keeping your weight through the balls of your feet, then lower.



Step two

Aim to repeat several times. Try to gradually reduce your hand support.

Starting position – toe raise

Holding on to your support if needed, lift your toes off the floor, putting your weight through your heels, then lower. Repeat several times.

★ ★ ★ ☆

Progress – heel walking and toe walking

Progress this by walking forward on your toes – toe walking.

Then try to walk forward on your heels – heel walking.



TOP TIP

Why not do this at different times during the day whilst you are walking near a stable surface you could hold if necessary.



Exercise 4.

★★☆☆

CHALLENGE RATING

Side leg raises and sideways walks.



What's the benefit?

This will help you to take a step sideways when you need to walk around something, to avoid tripping.

Starting position

Stand sideways to a solid surface, like a kitchen counter, holding lightly if necessary.

Step one

Stand on one leg whilst raising the other one out to the side.

Try to keep your foot and the front of your knee pointing forward as you raise your leg. Repeat several times.

Step two

Repeat with the other leg several times.

★ ★ ★ ☆

Progress

To progress this, try sideways walking, taking several sideways steps in one direction. Then return in the other direction, along a kitchen counter for example.

TOP TIP

Do this whilst you are waiting in the kitchen for the oven, kettle or microwave.



★ ★ ★ ★ **CHALLENGE YOURSELF**

Gradually reduce your reliance on the hand support as you get stronger.

Exercise 5.

★ ☆ ☆ ☆

CHALLENGE RATING

Sit to stand.

TOP TIP

Do this every hour, at the end of a television programme, or as you get stronger, during every advert break.

What's the benefit?

This will help you to get out of a chair and in and out of a car or bus seat.

Starting position

Sit up straight, towards the front of the chair. Place your feet slightly back, heels down and lean forward slightly.





Step one

Power up to stand up from the chair. Try not to use your hands to push on as you rise. If you do need hand support to stand aim to reduce this over time.

Step two

Once you are upright, step back until the back of your legs touch the chair, then lower yourself slowly until you sit down. If you need to use your hands to hold the chair, do this, but aim to reduce your hand support as you gain strength. Repeat this five times or more.

★ ★ ☆ ☆

Progress

Repeat the 30 second sit to stand daily (see page 8).

★ ★ ★ ☆

CHALLENGE YOURSELF

If you use your arms to support yourself getting up, try to reduce this as you get stronger.

Exercise 6.

★★☆☆

CHALLENGE RATING

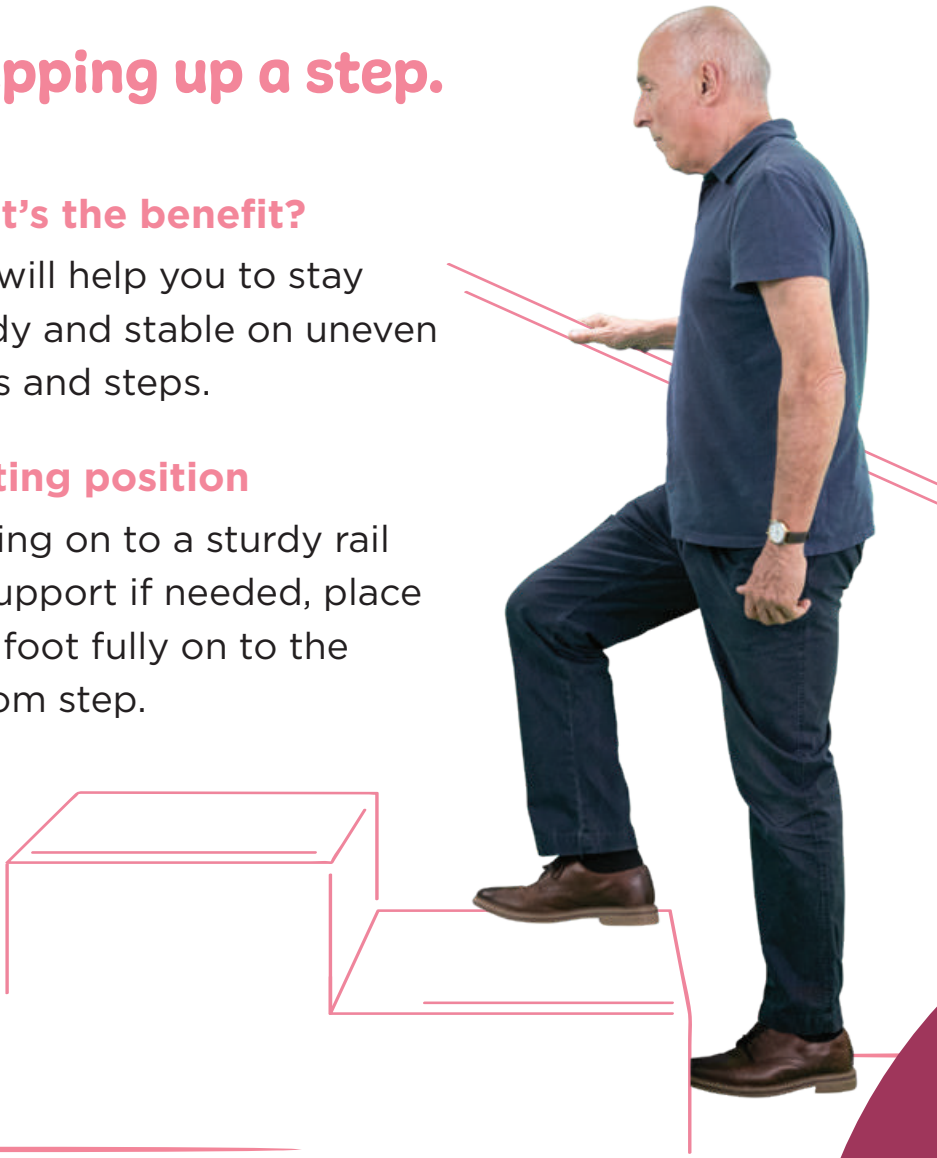
Stepping up a step.

What's the benefit?

This will help you to stay steady and stable on uneven paths and steps.

Starting position

Holding on to a sturdy rail for support if needed, place your foot fully on to the bottom step.



Step one

Step up, bringing your other leg onto the step.

Step two

Step back down back to ground level. Repeat this as many times as you can, over time building up to 20.



★ ★ ★ ☆

Progress

Reduce hand support gradually as you gain in strength and confidence.

TOP TIP

Do this each time you pass the stairs.

Your progress chart.

Remember to repeat this seven day progress chart every week to monitor your progression over time.

Name:

Date:	**Day one**	**Day two**	**Day three**
Heel to toe standing and walking			
Single leg balance			
Heel to toe raise			
Side leg raises and walks			
Sit to stand			
Stepping up a step			

Sit to stand score after one month: ☐

Sit to stand score after two months: ☐

Sit to stand score on day one:

Day four	Day five	Day six	Day seven	Total number of days did exercises

Sit to stand score after three months:

Tell us your story!

Show us your progress and become an inspiration for others.

Call **01452 393605**

Email **fallproofme@activegloucestershire.org**

Find **@ActiveGlos on Facebook** to share your Fall-proof story.

> You can break it up in to small chunks of activity throughout the day.

> You can do it at different times during the day, so it doesn't interrupt my routine.

www.fallproof.me

For more copies of this booklet call Active Gloucestershire on **01452 393605.**

Active Gloucestershire

gmo Gloucestershire Moves

NHS

Print it, fold it, keep it!

Fold in half

Then half again

To create a card

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Able like Mabel.

Making a cuppa?

Now's the time for your...
heel to toe standing and walking.

★★☆☆
CHALLENGE RATING

If at any time you feel unwell during the exercise, please stop.

Starting position
Hold on to a solid surface that doesn't move (like your kitchen counter) and stand with your heel to your toe, like standing on a tightrope.

Step one
Hold for 10 seconds.
Try to gradually reduce your hand support.

Step two
Complete this with the other foot in front and aim to repeat twice.

Looking for more excercises or a new challenge? Find more at **www.fallproof.me**

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Print it, fold it, keep it!

Fold in half

Then half again

To create a card

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Strong like Ron.

Doing the dishes?

Now's the time for your...
single leg balance.

★☆☆☆
CHALLENGE RATING

If at any time you feel unwell during the exercise, please stop.

Starting position
Stand facing a solid support that doesn't move, holding lightly to start with.

Step one
Lift one foot off the floor and hold for as long as you can. Gradually try to reduce your hand support as you feel able.

Step two
Change legs and raise the other foot. Aim to repeat this a few times.

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Making a bite to eat?

Now's the time for...
heel and toe raises.

★☆☆☆
CHALLENGE RATING

Steady like Eddie.

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Print it, fold it, keep it!

Fold in half

Then half again

To create a card

If at any time you feel unwell during the exercise, please stop.

Starting position – heel raise
Stand facing a solid support that doesn't move, holding lightly to start with.

Step one
Lift your heels off the floor keeping your weight through the balls of your feet, then lower.

Step two
Aim to repeat several times. Try to gradually reduce your hand support.

Starting position – toe raise
Holding on to your support if needed, lift your toes off the floor, putting your weight through your heels, then lower. Repeat several times.

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Bend like Barbara.

Waiting on those roasties?

Now's the time for...
side leg raises and sideways walks.

★★☆☆
CHALLENGE RATING

Fall-proof
Strength and balance plan

Print it, fold it, keep it!

Fold in half

Then half again

To create a card

Starting position
Stand sideways to a solid surface that doesn't move, like your kitchen counter, holding lightly if necessary.

If at any time you feel unwell during the exercise, please stop.

Step one
Stand on one leg whilst raising the other one out to the side. Try to keep your foot and the front of your knee pointing forward as you raise your leg. Repeat several times.

Step two
Repeat with the other leg several times.

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Fall-proof
Strength and balance plan

Print it, fold it, keep it!

Fold in half

Then half again

To create a card

Fall-proof
Strength and balance plan

Finished that TV show?

Now's the time for...
sit to stand.

★☆☆☆
CHALLENGE RATING

Carry like Harry.

If at any time you feel unwell during the exercise, please stop.

Starting position
Sit up straight, towards the front of the chair. Place your feet slightly back, heels down and lean forward slightly.

Step one
Power up to stand up from the chair. Try not to use your hands to push on as you rise.

If you do need hand support to stand aim to reduce this over time.

Step two
Once you are upright, step back until the back of your legs touch the chair, then lower yourself slowly until you sit down. If you need to use your hands to hold the chair, do this, but aim to reduce your hand support as you gain strength. Repeat this five times or more.

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Fall-proof
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Going past the stairs?

Now's the time for...
stepping up a step.

★★☆☆
CHALLENGE RATING

Stand like Stan.

Print it, fold it, keep it!

Fold in half

Then half again

To create a card

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Strength and balance plan

If at any time you feel unwell during the exercise, please stop.

Starting position
Holding on to a sturdy rail for support if needed place your foot fully on to the bottom step.

Step one
Step up, bringing your other leg onto the step.

Step two
Step back down back to ground level. Repeat this as many times as you can, over time building up to 20.

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