

STAY ON YOUR FEET®

Move Improve Remove

1 in 3 people over 65 will fall each year, however falls do not have to be a normal part of getting older. Move Your Body, Improve Your Health, and Remove Hazards are three steps to keep active and alert to prevent slips, trips and falls.

Move Your Body

Moving your body will improve your balance and keep your muscles and bones strong. Ask your physiotherapist, doctor or local community centre about useful exercises for you.

Build Your Balance

Good balance is the best way to keep you safe and prevent falls. Exercises which build your balance can include tai chi, safely standing on one leg or walking heel to toe.

Strengthen Your Legs

Strong legs help you avoid slips, trips and falls. Make your leg muscles and bones stronger with movements like standing up from your chair without using your hands.



Improve Your Health

Looking after your health is important for all ages. If you notice any changes in your health such as having any pain, or feeling dizzy or drowsy, please see your doctor.

Check Your Medicines

All medicines can cause side effects. Taking many medicines and long term use of some medicines such as sleeping pills will increase health risks. Keep an up to date list of what you are taking and get them checked by your doctor or pharmacist.

Keep a Healthy Mind

Keep your brain active to improve your response time and alertness. Try activities such as puzzles, cards, home repairs, reading, playing with your grandkids or joining a social group.

Fuel Your Body

It is important to eat regular meals from different food groups, drink water and limit alcohol. Vitamin D and calcium help keep your bones strong to help you stay on your feet.

Remove Hazards

As your body gets older, changes will occur. Take steps to adapt to these changes and make your home and environment safer.

Make Your Home Safer

Remove trip risks such as rugs, mats and objects on the floor. Move furniture to create larger walk ways and keep objects where they are easy to reach. If you need equipment such as grab rails, ask your doctor or home care provider.

Check Your Eyesight

To help reduce the effects of changing vision, visit an optometrist or your doctor. Adapt to changes in your vision at home by turning on extra lights and clearly marking the edge of steps. Ask about how to safely use your multi-focals.

Wear Safe Footwear

Wear shoes with good grip that are secure and flat. Do not walk in socks. Foot problems that cause pain can affect your walking and balance. If you have any concerns with your feet or shoes see a podiatrist.

For more information
call 1300 30 35 40 or visit
stayonyourfeet.com.au