



## **Stay On Your Feet...**

### **STEP 1 Be Active**

The best way to reduce your risk of falling is to be physically active. Choose an activity you enjoy so you'll stick to it and do it regularly.

#### **How much?**

Aim for at least 30 minutes of activity per day. You can do your activity in 10 or 15 minute segments. Start slowly and build up to the target.

#### **Ways to be active**

Walking is an easy and enjoyable exercise for most people. It strengthens your leg muscles, improves your balance and needs no equipment except a good pair of shoes.

Choose activities that increase muscle strength in your legs and upper body, and that improve your balance, posture and stamina. Here are some examples of activities that can help:

- Active gardening and housework, washing the car or walking the dog
- Balance-oriented classes such as tai chi, yoga or pilates
- Swimming, cycling, dancing, golfing, tennis or lawn bowling
- Strength training and fitness classes such as aerobics or aqua-aerobics

#### **Talk to your doctor**

Even if you have health conditions, you can still do some physical activity. Talk to your doctor first. You may be afraid of falling, but not doing any activity can reduce your quality of life, your ability to move around and your independence. Talk to your doctor if you feel you are limiting your physical activity or are becoming isolated.

***Stay Active, Stay Independent and Stay On Your Feet!***



For more information on the 9 steps, call:

**Stay On Your Feet North Bay** 705 474-1400

**Stay On Your Feet Parry Sound** 705 746-5801

1 800-563-2808

# What am I doing to be physically active?

Review your current physical activity and complete the table below.  
An example is given to help.

**What positive steps am I already taking?**

*Weeding the rose beds weekly*

**What changes might help me stay on my feet?**

*Find a walking partner for early morning walks*

**How will I make these changes? Is there anyone I need to contact?**

*Check with Mary next door to see if she is interested in walking early in the morning*

**Do you know anyone else who would benefit from this information?**