



## Effective 'Falls Management' Exercise Programme

From the age of 60 years our muscle mass does decline but falling does not have to be part of the ageing process.

So what can you do to help reduce the risks? And what can you do if you fall? The above short programme will begin to explore this with you, with some specific exercises, and some useful hints and tips enabling you to remain well and safe for as long as you can.

**It is open to anyone 55 years and over living in the centre of Leeds, Woodhouse and Little London area: The short programme will help:**

- Improve muscle mass with specific strength based exercise
- To help with co-ordination and increasing functional capacity
- Help to improve balance if unsteady on your feet
- Increase confidence when mobilising if fear of falling
- And increase confidence following recent falls
- Exercising well in a fun, manageable and enjoyable way



The falls instructor will offer exercises over 5 weeks around falls prevention (that can be chair-based). This can reinforce misconceptions about what works. It is not the full programme, however, there is an option for further discussion where needed and further exercise opportunities thereafter.

**Join us for '5 weeks in November 2016',  
at various locations; in Woodhouse and Little London, at different  
times and days**

Please contact Lisa at Caring Together for more details, or to put your name down to join us, we love to hear from you:

email: [lisa@caringtogether.org.uk](mailto:lisa@caringtogether.org.uk) or Tel: 0113 243 0298

