

LIVE **STRONGER**  
FOR **LONGER**

PREVENT FALLS & FRACTURES



# LOVE YOUR STRENGTH

If you're 65+ and want to keep steady and balanced on your feet, then join an approved community strength and balance class.

[WWW.LIVESTRONGER.ORG.NZ](http://WWW.LIVESTRONGER.ORG.NZ)



Te Kaporeihana Āwhina Hunga Whara





# AM I AT RISK OF A FALL?

Unless you've injured yourself in a fall, 'avoiding' a fall is probably the last thing on your mind.

Falling over isn't part of the normal ageing process, but we need to be realistic. As we grow older, underlying health conditions or problems with balance, strength or mobility do increase our risk of falling. Have you slipped, tripped or fallen in the last year, can't get out of a chair without using your hands, or have avoided activities because you're afraid you might lose your balance? Then you could be at risk of a fall.



The good news is many falls are preventable, so stay active, stay safe and don't give in to the fear of falling.

## Falls and concussion

It's important to consider if you or someone you care for has had a fall, then you need to be checked for a concussion by a Doctor. Concussion is a brain injury; you don't need to bang your head or even lose consciousness to experience a brain injury. Remember the 2R's of concussion:

- **Recognise** concussion signs and symptoms
- **Refer** to a Doctor for an assessment.

For more information go to:

**[www.livestronger.org.nz/home/i-am-over-65/concussion](http://www.livestronger.org.nz/home/i-am-over-65/concussion)**



**A LITTLE  
MOVEMENT  
GOES A  
LONG WAY**



Staying active and regular exercise are the best things you can do for yourself, be it walking, swimming or light exercises at home. Regular exercise helps build up your leg and 'core' (muscles in your mid-section: your stomach, lower back and your sides), this works to stabilise your entire body, keeping you steady and balanced on your feet, reducing the risk of a fall.

## **Community group strength and balance classes**

One of the ways we're helping New Zealanders to live stronger for longer is by supporting the development of community group strength and balance classes across the country. Classes are growing in communities, like yours to help over 65's improve their strength and balance.

## **What classes involve?**

You don't have to wear lycra and don't worry about keeping up, classes may make you breathe a little harder but they won't involve exercise that could harm you. There is often a range of classes in your area, some may have dance classes; some exercise in a quiet space, others may have classes covering a variety of styles or languages to suit members.



# WHO CAN ATTEND A CLASS?

All New Zealanders who are 65 and over and at risk of falling, or have a history of falling, would benefit from joining an approved Community Group Strength and Balance class, or in-home strength and balance support may be appropriate for you.

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**Approved classes are safe for 65 – look for the tick**



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Only approved classes that meet the nationally agreed standards are eligible to use the approved tick, so you know classes are safe for older people and will improve your strength and balance.

## Join a class near you

Visit **[www.livestronger.org.nz](http://www.livestronger.org.nz)** to 'Find a strength and balance class' near you. You'll meet new people, get fitter and have fun at the same time.

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## **IN-HOME STRENGTH AND BALANCE SUPPORT**

If you've had a fall or feel like you are at risk of a fall but can't attend community group strength and balance classes because of your physical or health limitations, talk to your doctor or health professional as in-home strength and balance support may be appropriate for you.

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