

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

PREVENT FALLS & FRACTURES

# FALLING OVER DOESN'T HAVE TO BE PART OF THE AGING PROCESS

We want to help you stay on your feet and living the life you want to live.

**Did you know that as we age the risk of having a fall increases and that those over the age of 65 have a 1 in 3 chance of having a fall and for those over 80 it's 1 in 2.**

The good news is many falls are preventable and having good strength and balance and strong bones is key to staying on your feet. Regular exercise is one of the best things you can do for yourself.

To find out where approved community strength and balance classes are visit [www.livestronger.org.nz](http://www.livestronger.org.nz) or talk to your health professional to find out if in-home strength and balance support is right for you.

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