



Central Coast
Local Health District

Healthy Bites Episode 36 – Stepping On

Hi, I'm Mitch from the Health Promotion Service at Central Coast Health, and I'd like to tell you about the fantastic Stepping On program on the Central Coast.

Stepping On is a seven-week community-based falls prevention program for adults aged 65 and over and Aboriginal and Torres Strait Islander people aged 45 and over.

The program helps participants build knowledge, strength and confidence to prevent falls and maintain their independence.

It includes gentle group exercise to improve balance and educational talks from experts.

Topics covered include home hazards, community safety, managing medications, safe footwear, vision and healthy eating.

No prior knowledge or exercise experience is required.

You can search for a Stepping On program near you by visiting the Active & Healthy website. Just search 'Active & Healthy', and click on Stepping On on the home page. Or you can ask your GP, nurse or other health professional to help get you registered.