



Central Coast
Local Health District

Healthy Bites Episode 41 – Preventing falls: exercise

Hi, I'm Mitch from Central Coast Health.

It is an uncomfortable reality that as we get older, our risk of falling increases. But falls are not a routine part of ageing, and there are simple things you can do to reduce your risk.

Exercising regularly helps build and improve muscle strength, joint flexibility, posture and balance and can reduce a person's risk of falling by around 30%.

You can find local exercise programs on NSW Health's Active & Healthy website – just type in Active & Healthy in your search bar – or you can call LiveUp on 1800 951 971 to speak to a navigator. If you haven't exercised in a while, build up slowly. Your healthcare provider can also assist.

And if you have had a fall or a near miss lately, make sure you talk about it with your family, carer network or doctor. There may be underlying medical checks such as changes in your blood pressure, or certain medications that may be contributing to you feeling unsteady on your feet. Working with others on falls prevention can also help you put together a plan so that if you do fall, you have a strategy in place about what to do.

With a little bit of exercise, we can greatly improve our chances of staying on our feet.