

# Being active is important for falls and frailty

What good things could being more active do for you?



Decreases rate of falls



Reduces risk of falling



Improves ability to perform activities of daily living



Reduces fall-related fractures



Improves functional ability



Faster walking speed



Reduces severity and progression of frailty

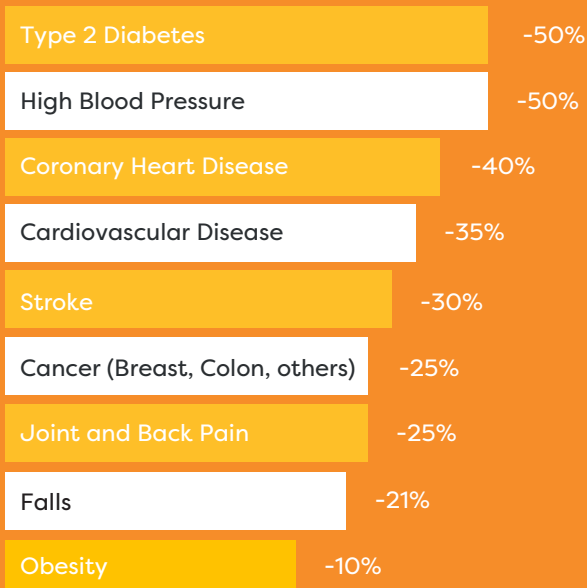


Increased muscle strength



Better balance

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active reduce the risks?



You are motivated to continue being active



You do more activity

Muscles become stronger

Your strength and balance improves and you feel more steady on your feet

You feel better

## Top tips for physical activity in falls and frailty:

1

Being more active helps to promote confidence, prevent physical decline and gives a purpose and enjoyment to each day.

2

Exercise is often enjoyable in groups with social interaction helping with motivation, support and fun.

3

Try and build small amounts of activity into your daily routine in episodes of more than 10 minutes at a time.

4

Build up exercise gradually and start gently.

5

Exercise and being more active can help reduce your risk of falling, improve confidence and physical functioning for daily tasks.

6

Consider the use of chair based exercise programmes.

## Build activity into everyday life:

