

Your prescription for staying on your feet



Recommended dose

Strength activities—complete weight, strength or resistances exercise such as leg raises and wall push ups, 10-15 repetitions, 2-3 times per week or as directed by the physio

Balance activities—do a balancing activity within your recommended dose of 30 minutes of daily physical activity such as yoga or Tai Chi

Reminders to ensure your safety:

- **check your footwear** every 6 months
- **talk to your doctor** about your medication every 12 months
- **have your vision tested** every 24 months.

For more information talk to your health professional or visit: www.health.qld.gov.au/stayonyourfeet