

# Stay On Your Feet®



**Helping older Queenslanders  
stay healthy, active, independent  
and on their feet.**

- M** **Move** every day; walk, balance, strength, yoga or dance
- O** **Orientate** yourself to your surroundings; make your home clutter-free and well lit, with a clear path to the bathroom
- V** **Vision** checks regularly
- E** **Elimination** or toileting concerns like incontinence should be discussed with your health professional
- E** **Eat** well every day
- S** **Self care** by exercising your brain with sudoku, crosswords and puzzles

