

1

Strength and Balance

Four types of physical activity are needed to keep you healthy and reduce your risk of falling: strength, balance, flexibility and endurance.



2

Health

Take action to manage and maintain your health - develop a plan with your health professionals including an annual medical review.

Eat well every day and enjoy sharing meals with others.



4

Independence

Check walking aids regularly and replace or repair parts that are deteriorating.

Invest in a personal alarm that can be pressed when you need help.



3

Safety

The majority of falls happen in the garden and home as the result of tripping or slipping.

Identify and remove hazards from around your garden and home.



Information

Falls are the leading cause of injury related hospitalisations in people aged 65 and over.

Most falls are preventable. Take action to reduce your risk of falling.



www.health.qld.gov.au/stayonyourfeet

