

Being active is important after having a stroke

What good things could being more active do for you?



Increases independence



Better mobility



Improves fitness



Improves balance

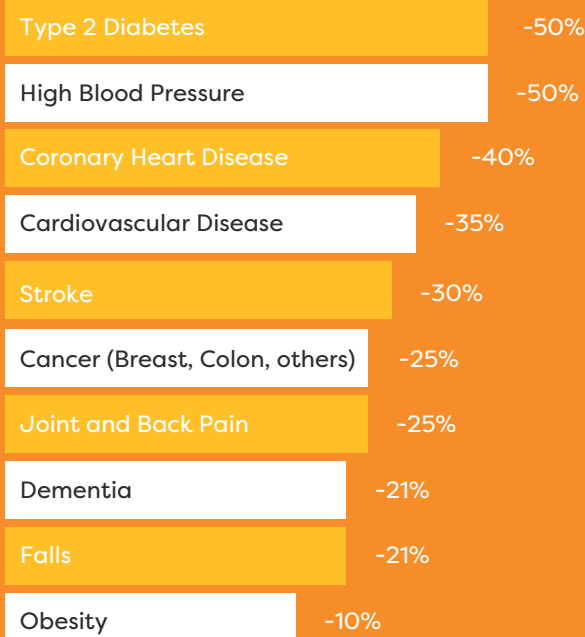


Improves mood



Reduces risk of further stroke

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



How can being active improve my quality of life?



Improves body strength

Improves fitness

Improves wellbeing

Reduces dependence on others

Improves ability to walk unaided

Builds confidence

Follow these Top Tips to keep you active:

1

Choose an activity you enjoy

2

Wear comfortable and appropriate clothing

3

Use walking aids and orthotics prescribed

4

Start gently and increase slowly

5

Keep hydrated

6

Set realistic goals

7

Keep a record of your achievements.

8

Target times of the day when you are least fatigued

9

Build activities into your daily routine

10

Find others to be active with, although this may not be suitable for all.

11

Some soreness is common to begin with but listen to your body and take rest days if needed

12

Celebrate your successes!

Build activity into everyday life:

