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:

- Type 2 Diabetes: -50%
- High Blood Pressure: -50%
- Coronary Heart Disease: -40%
- Cardiovascular Disease: -35%
- Stroke: -30%
- Cancer (Breast, Colon, others): -25%
- Joint and Back Pain: -25%
- Dementia: -21%
- Falls: -21%
- Obesity: -10%

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

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

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

Build up activity gradually and start gently.

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

Consider the use of chair based exercise programmes.