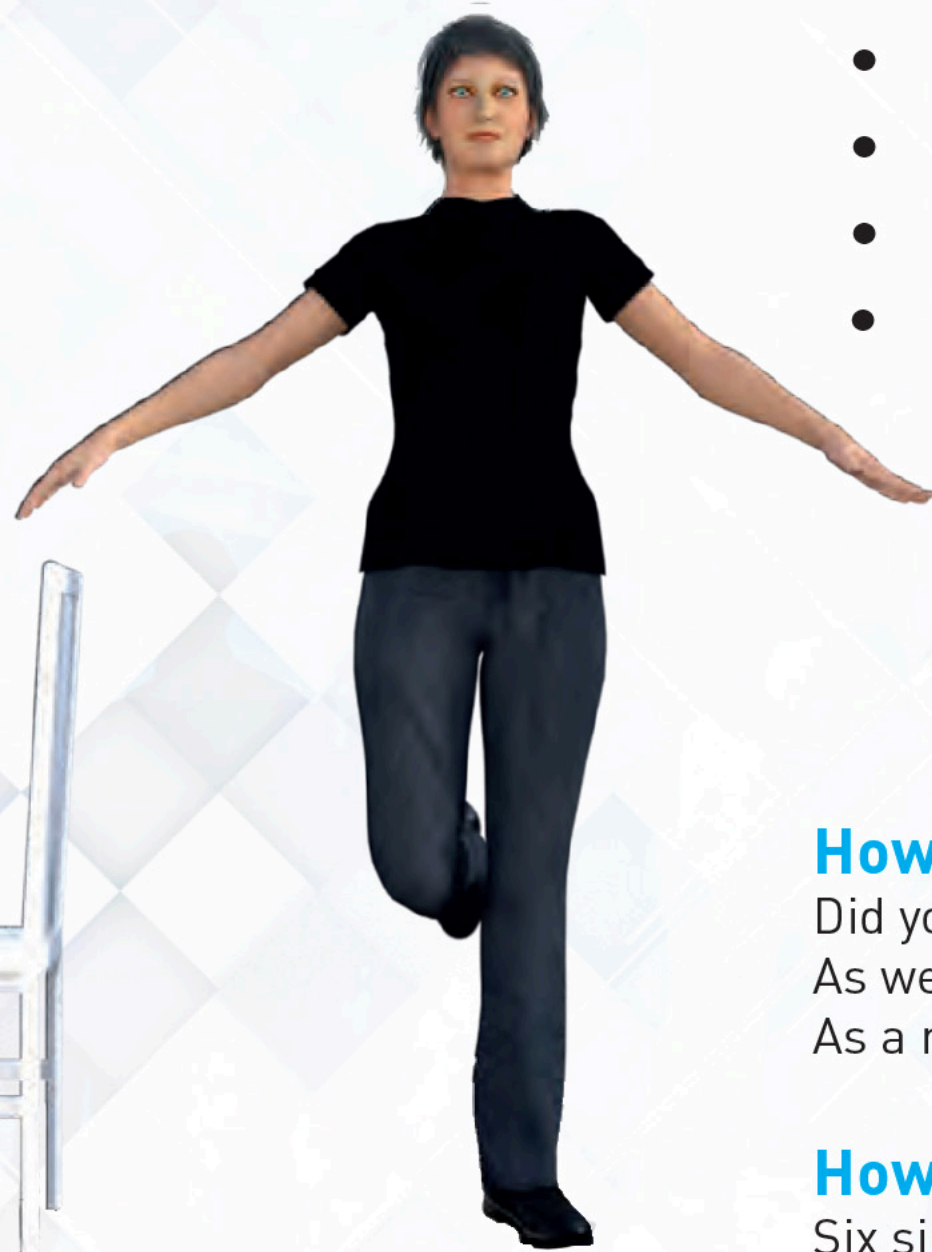


# TAKE THE BALANCE CHALLENGE



- Find a safe place, close to a chair or wall .
- Stand with your arms by your sides.
- Take one foot off the floor and start counting.
- Stop when you:
  - count to 30
  - need to put your foot down
  - need to grab a support
  - need to brace one leg against another.

## How did you do?

Did you manage to keep your balance for 30 seconds?  
 As we get older, our balance and muscle strength can slowly decline without us noticing.  
 As a result, we can find it harder to keep our balance if we trip or slip.

## How to improve your strength and balance

Six simple exercises - the super six - three or more times a week - can help you to stay steady.  
[Read more about the 'super six' overleaf](#)

## Simple steps to stay steady

Falls are not an inevitable part of getting older - there are simple steps you can take to stay steady, reduce your chance of falling, prevent serious injuries if you do fall, and keep up and about.

- |                        |                         |                                   |
|------------------------|-------------------------|-----------------------------------|
| • Stay active          | • Manage your medicines | • Regular eye checks              |
| • Look after your feet | • Eat well              | • Have a 'get off the floor plan' |
| • Create a safer home  | • Consider Vitamin D    | • Tell someone if you fall        |

## Further information

Visit NHS inform's Preventing Falls section at [www.nhsinform.scot/aboutfalls](http://www.nhsinform.scot/aboutfalls)  
 Self assess your risk of falls and create your own plan using the Falls Assistant tool at <https://fallsassistant.org.uk/>  
 To receive a free copy of a falls prevention information booklet call the Age Scotland helpline on **0800 12 44 222**

Thank you to Roar Connections for Life for letting us use the One Legged Wobble Challenge idea.

# THE SUPER SIX

To help you to stay steady, try doing the 'super six' three times a week, in addition to a daily walk.

## SAFETY CHECK:

- Use a sturdy and stable chair or something solid like a worktop for support.
- Wear supportive shoes and comfortable clothes.
- If any exercise causes pain in your joints or muscles **stop** check you are doing it correctly, and try it again. If pain persists, seek advice from a physiotherapist.
- Feeling your muscles work or a slight muscle soreness the next day is normal.
- If you experience chest pain, severe shortness of breath or dizziness **STOP IMMEDIATELY** and contact your GP or call 111 if your GP practice is closed.
- Try not to hold your breath - breathe normally throughout.

## WHEN AND WHERE TO GET HELP

There's a lot you can do yourself, or with your family and friends to reduce your risk of falls. However, the reasons people fall can be complex and sometimes you'll need some help from others.

See your GP practice or a physiotherapist or occupational therapist if you:

- Have had two or more falls in the last six months
- Blacked out, were dizzy when you fell, or found yourself on the floor and didn't know why
- Start feeling unsteady on your feet
- Have had difficulty getting back to your usual activities since a fall
- Are worried about falling
- Have noticed changes in your health, mobility or memory since a fall.



# 1

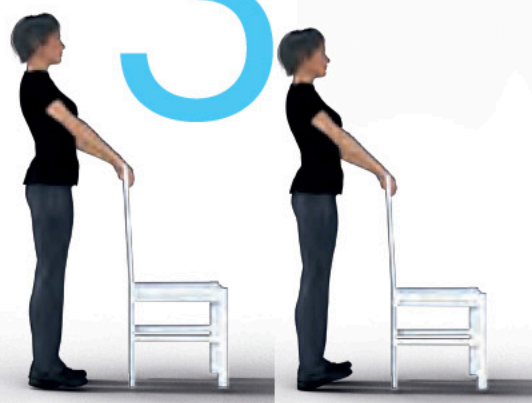


### SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly – using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair – using your hands if needed.

**Repeat up to 10 times.**

# 3

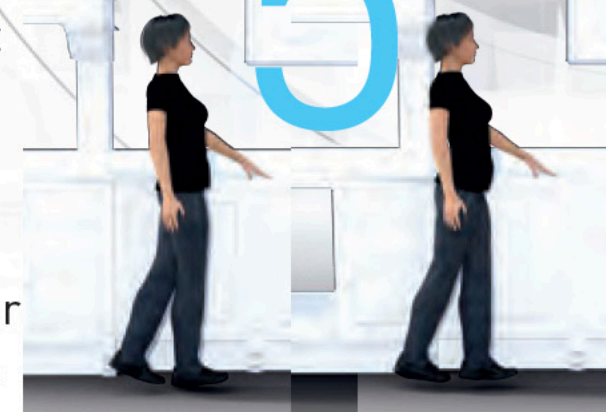


### TOES RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

**Repeat up to 10 times.**

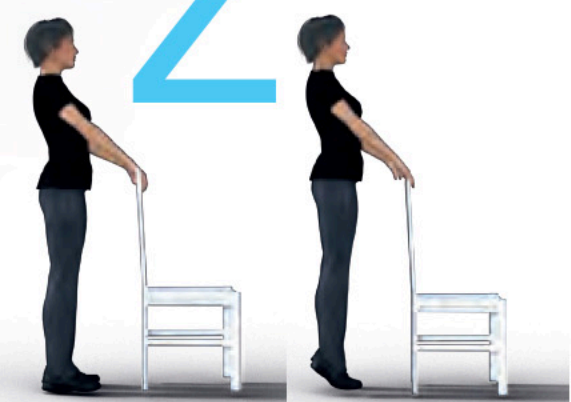
# 5



### HEEL TOE WALKING

Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support. Repeat the steps in the other direction.

# 2



### HEEL RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

**Repeat up to 10 times.**

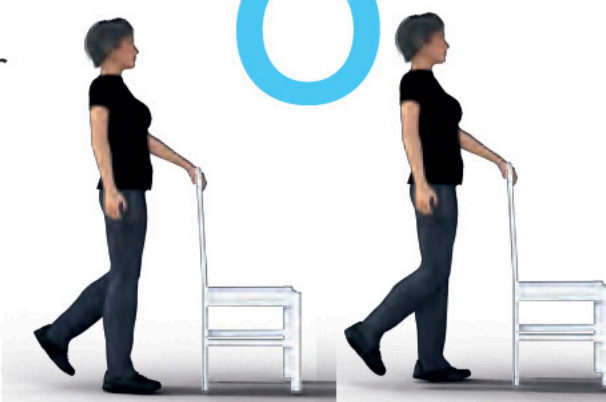
# 4



### HEEL TOE STAND

Stand tall, take hands off if possible, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – taking your hand off if possible. Take the feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.

# 6



### ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg.