

# Stay on your feet

## Be active



**The best way to reduce your risk of falling is to be physically active. Choose an activity you enjoy so you'll stick to it and do it regularly.**

**What positive steps am I already taking?** *For example, I walk with my friend Mary on Mondays.*

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**What changes might help me stay on my feet?** *For example, I will add strength and balance exercises to my physical activity routine.*

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**How will I make these changes? Is there anyone I need to contact?** *For example, I will check with my local public health unit and community centre to see what local classes are available.*

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**When will I make these changes?** *For example, I will call my local public health unit tomorrow.*

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**How will I make this part of my routine, and who will support me in doing this?** *For example, use the stairs instead of an elevator.*

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Source: Stay On Your Feet WA®

