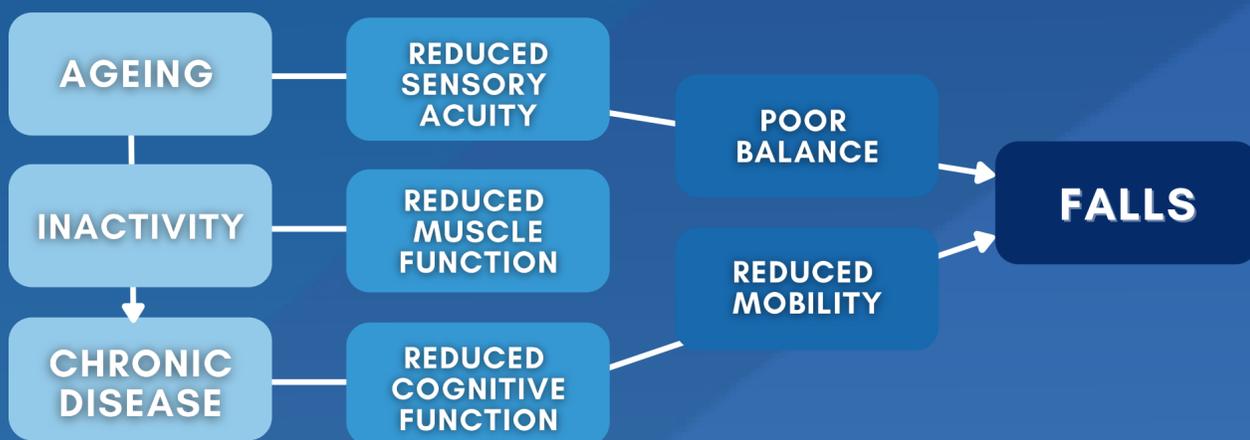




FALLS PREVENTION & EXERCISE

Falls can result in permanent disability, restriction of activity, loss of confidence, and fear of falling; all of which reduce quality of life and independence. Following a fall, an older person is three times more likely to be admitted to a nursing home, and ten times more likely after a fall that caused an injury.



HOW DOES EXERCISE HELP?

There is good evidence that exercise can prevent falls in older people, by decreasing the number of key risk factors. For example, exercise can improve balance, walking speed, and muscular strength as well as psychological factors such as mental ability and mood. Exercise is recommended for all community members. Fall risk assessments conducted by qualified health professionals (e.g. physiotherapists & exercise physiologists) can help to identify individual risk factors and tailor interventions while ensuring safety and adequate challenge.



CRITICAL RISK FACTORS

- Older age
- A history of falls
- Poor balance
- Slow reaction times
- Muscular weakness
- Poor eyesight
- Reduced sensation in lower limbs
- Cognitive impairment
- Limitations in activities of daily living
- Medical conditions (e.g. Stroke and Parkinson's disease);
- Medication use (e.g. centrally-acting medications and multiple medications).

HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed to your specific needs to improve your balance, mobility, and overall health. Fifty 50 group fitness is also available across all club locations.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.