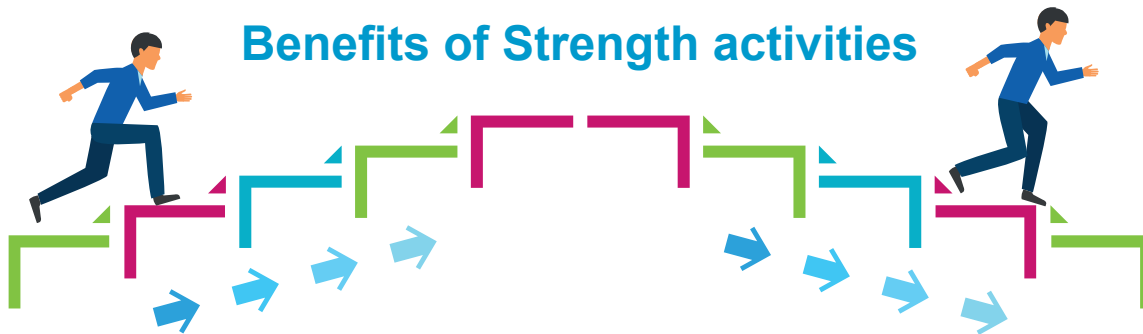


STRENGTH & BALANCE FOR ALL

Did you know that performing strength and balance activities are as important as moving more and sitting less? There is a misconception that strength and balance activities are for older adults or gym goers. This is not the case, we all need to perform strength and balance activities as muscle strength starts to decrease from the age of 30, which has a huge impact on our mobility and independence as we age.



Benefits of Strength activities

Strength and Balance Improves:

- ✓ Quality of life
- ✓ Mental Health
- ✓ Flexibility
- ✓ Blood pressure
- ✓ Muscle Strength/mobility
- ✓ Bone health
- ✓ Sleep ✓ Mood

Strength and Balance decreases the risk of:

- ✓ Diabetes
- ✓ Depression
- ✓ Dementia
- ✓ Falls

**If we don't use it,
we lose it..**

Strengthening activities are particularly important through key life events such as pregnancy, menopause & retirement which see a decline in strength & bone health.

What activities should I do?

Try it twice
per week in
5 to 10
minutes
sessions to
start with...



Strength
& balance
exercise



Resistance
training



Ball
games



Gardening



Racket
sports



Yoga/
pilates



Carrying bags of
shopping



Going to
the gym



Dancing



Aerobics

Slowly &
gradually
over time
increase the
session to
30 minutes.

Combine your strength and balance activities with moving more and sitting less!!

Physical activity is prevention