



# POPULATION HEALTH MANAGEMENT

## Supporting people in South Nottinghamshire

### Improving Strength and Balance

**FALL PREVENTION**



If you haven't exercised for a while, don't worry, exercises are gentle and easy to follow.

Build up slowly and aim to complete two of the above series of exercises twice a week.

Consider exercises that focus on strength and balance including sitting and flexibility exercises can reduce the risk of falling.



Scan or visit  
<https://www.nhs.uk/live-well/exercise/>

### Exercise for Health Referral Scheme



Are you sedentary and would like to be more active? Or do you have a medical condition that would benefit from an increased level of physical activity?

With the Exercise for Health referral programme, you may be eligible for a reduced rate at your local leisure centre giving you the opportunity to participate in regular physical activity under the guidance of qualified exercise professionals.

To find out if you are eligible, contact your GP or healthcare professional.

### Your Health Notts



Your Health Notts

Your Health Notts health offer a FREE 12 week Falls Prevention Programme covering strength and balance exercises, catered for all abilities with a fully qualified specialist instructor.



Scan or visit  
<https://yourhealthnott.co.uk/sign-up/>

### Falls Prevention Information

Saga Healthcare produced the **Get Up & Go: A Guide to Staying Steady** for those who are less mobile, older and/or at risk of a fall.

It includes information about:

- How to reduce your risk of falls
- How to fall-proof your home
- How to stay safe out and about
- How to keep moving and exercises for strength and balance to follow
- How to get up from a fall safely and what to do if you can't get up



Scan or visit  
[https://www.nottinghamshire.gov.uk/media/115630/getupa\\_ndgo.pdf](https://www.nottinghamshire.gov.uk/media/115630/getupa_ndgo.pdf)