

KEEP ACTIVE



STAY INDEPENDENT. *Prevent falls.*

- ▶ **Keep active to improve your strength and balance.**
- ▶ Older adults with muscle weakness are 4 - 5 times more likely to fall.
- ▶ Try to do 30 minutes or more of physical activity at least 5 days each week.
- ▶ Swimming, gardening and walking are a few great ways to be active.

www.westernhealth.nl.ca/balance

