

STAYING ACTIVE STAYING SAFE

Basic exercises to
help prevent falls



Health



Staying Active Staying Safe:

Basic exercises to help prevent falls

are resources to help older, less able people participate in simple, *chair-assisted*, seated and standing exercises. A guided audio tape, CD, video (VHS) and DVD are available.

The exercises have been designed to:

- Increase muscle strength, improve balance and decrease the risk of falling
- Help make everyday activities easier.

All resources come with a booklet that helps guide people through the program. Each exercise is demonstrated and described in easy to follow instructions.

Information on the risk factors of falls is also included in the booklet.

Audio (Tape & CD)

The 50 minute audio program is recommended for people who require a slower exercise program. It can be split into 2 program levels of seated exercises and standing exercises if desired.

Video (VHS & DVD)

This 25 minute program is recommended for people who require a faster exercise program but still need the support of a chair. It can be used as the next step after the audio routines. The DVD includes the full program, but also has options to choose from the sitting and standing exercise routines if needed.

Healthy Lifestyle

Northern Sydney & Central Coast Health Promotion Service

(02) 8877 5327 (W, Th, F)
or **(02) 8877 5300**

Order Form

ABN 96 304 742 457

TAX INVOICE

GST included in Price

Name _____ Company/Organisation: _____

Address _____ Suburb _____ Post Code _____

Telephone _____ Fax _____

Staying Active Staying Safe Item	Quantity	Price	Total per Item
Audio Tape (incl booklet)		\$12.00	\$
CD (incl booklet)		\$15.00	\$
Video - VHS (incl booklet)		\$15.00	\$
DVD (incl booklet)		\$17.00	\$
		Postage	\$
		Total	\$

Postage & Handling
To NSW

- **\$6.00** - 1 item
 - **\$9.00** - 2 or more items
- To Interstate
- **\$12.00** per order

(Prices subject to variation for larger orders, please ring for prices)

Pay Cheques/Money Orders to:

Northern Sydney Central Coast Health

post to: Healthy Lifestyle, Locked Bag 2220, North Ryde NSW 1670 OR

Fax form with CREDIT CARD details to (02) 8877 5339

Credit Card: **Mastercard**
Visa Card

Expiry Date:

Cardholders Name (printed): Cardholders Signature: