



St Cuthbert's Hospice



## *Strength and Balance Group*

### *What is strength and balance?*

This group includes exercises and education. These exercises are particularly important for those who have had a period in hospital, a recent fall or feel they are losing strength and mobility.

You will also be encouraged to do exercises at home between classes, as this will ensure maximum benefit.

When you're young and fit, you can play vigorous games with your children and dance for hours without thinking about balance. As we age, however, it becomes harder and harder not only to participate in special activities but also to manage the daily activities that require good body control. An effective balance exercise program can help us keep our physical stability for as long as possible.

Above all it is important to reduce the amount of time you spend sitting or are inactive. Even small spurts of activity throughout the day can have significant health benefits and keep you independent and doing the things you love!

### *Reasons to take part*

Balance doesn't come as easily with age or can be effected by different conditions. Often we have to consciously think about it. Balance exercises can help keep our bodies healthy, mobile and independent to be ready for activity.

There are many advantages/benefits to doing exercises:

- Help with daily activities e.g. putting the groceries away
- Ability to participate more confidently in favourite activities such as walking, golf, tennis, cycling and dancing
- Prevention of falls
- Less chance of injury if you do fall
- Increased coordination
- Better reaction time
- The general benefits shared with any exercise program. These include reduced disease risk, increased muscle mass, better cognition, stronger bones and better sleep.
- All the exercise will make you happier and healthier.

### *Would you like more information?*

If you would like to know more about Strength and Balance or any other groups or complementary therapies available at St Cuthbert's Hospice please contact **The Living Well Centre** on 0191 386 1170 option 2.

**Accessible Information**

If you would like a copy of this leaflet in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.

Living Well Centre

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