

Senior health is a balancing act

HELEN VOROS

CAN you stand on one leg?

It sounds simple, but being able to stand on one leg could save your life.

As we age, our balance decreases, putting us at risk of falls which are the leading cause of injury-related death and the leading cause of hospitalisation for people aged over 65.

A fall can lead to a loss of confidence, making daily life harder and requiring more reliance on carers.

Over Forty Fitness owner Gareth Corbett said that maintaining your health and fitness before and after this age is the most effective way to prevent falls.

“You can significantly reduce the risk of a fall through an exercise program that includes both balance and resistance, or strength components, two to three times a week,” he said.

One way to find out if you are at risk of a fall is to stand up from a chair without using your arms, or

see if you can stand comfortably on one leg for 30 seconds.

Factors likely to increase the risk of a fall include a fall in the past year, the use of certain medications, problematic eye sight, muscle weakness and some diseases.

If any of these apply to you, it is time to start an appropriate exercise program under the guidance of an accredited exercise physiologist.

Over Forty Fitness is a gym run by highly qualified accredited exercise physiologists.

Providing a close level of supervision, the allied health professionals specialise in providing an evidence-based exercise prescription for the prevention and maintenance of chronic diseases.

Working closely with your GP to ensure you lower your risk of a fall safely, Over Forty Fitness offers an OFFbalance one hour program on Tuesday and Friday mornings at 9.30am.

To book your place, phone 9960 6660 or visit overfortyfitness.com.au.



Maintaining your health and fitness before age 65 is a good way to prevent falls.