

Other points to consider

- We recommend that you do not eat for an hour before exercise.
- Refuel and rehydrate – replenish your body with a healthy snack or meal and drink plenty of water after your session.  
- Be aware of how your body feels. Feeling slight muscle soreness the next day after exercise is normal and shows that the muscles are getting stronger. Perform some light stretches and keep active to alleviate the soreness.

How to find a class

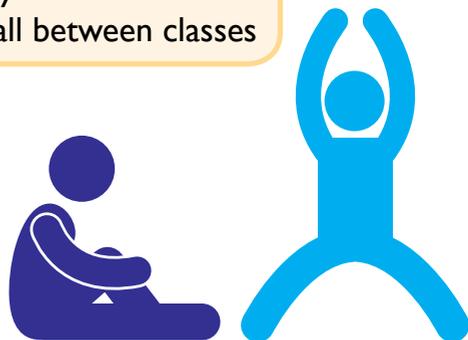
People recovering from illness or operation or who have had a recent fall, may be able to join the 12 week courses led by NHS instructors. These courses are free and transport can be provided. Contact your GP, nurse or therapist for information.

Community based instructors run Steady & Strong classes in a variety of settings, including church halls, leisure centres and sheltered housing schemes across Hampshire. Classes cost around £4 a session and may include a cup of tea.

You can find an interactive map of all the classes here:
www.hants.gov.uk/local-exercise

If you do not have the internet you can call **01962 846605**.

Always let your instructor know if your health situation changes or if you have a fall between classes



Better
balance
for *life*

Steady **AND**
Strong



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Hampshire
County Council

Southern Health **NHS**
NHS Foundation Trust

The benefits of being active as we age

The Hampshire 'Steady & Strong' community exercise programme is designed to help older people regain and maintain strength, balance and coordination. Through being active, the chances of keeping mobile, staying independent and preventing falls are significantly increased. Active people are more likely to have better mood, be less anxious, have better memory, sleep better and have more social contacts.



How much exercise should we be doing as we get older?

- You need to move and be active every day rather than sitting for long periods. A little is better than nothing at all, and you can build up your fitness levels gradually.
- Over time, you should aim to be active every day. During a week, you should do 150 minutes (2 hours) of activity but this can be in "chunks" of 10 minutes.
- To help you keep steady and strong you also need to include strength and balance activities at least twice a week.
- Examples of activities include walking, gardening, swimming, carrying shopping, attending a class and using resistance weights or bands, or doing Tai Chi.

ITS NEVER TOO LATE!

In 3 months, a person aged between 65 & 95 years can regain 20 years of strength by doing resistance exercises.

Well-being in Later Life
2006; Skelton 1995,
Fiatarone 1994



The Steady and Strong Programme

All our Steady & Strong instructors have specialist training (Postural Stability Instructor & Otago exercise award leader) to deliver exercise for older people. The exercises we teach have been proven to improve strength, balance and coordination for older people and reduce the risk of falls.

More information on the qualifications can be found at www.laterlifetraining.co.uk

In the class:

The class is an hour long. It will consist of a warm up, stretches, strengthening and balance exercises, some fitness work and coordination exercises. The class will finish with a cool down and may include some elements of Tai Chi. This will ensure that you feel relaxed and comfortable before you leave. Many classes have the opportunity for a cup of tea and a chat afterwards.



What to wear

- Wear loose comfortable clothing. You will need to move freely
- Trousers are better than skirts or a dress
- Wearing layers is ideal; as you get warmer you can take off a layer
- Shoes should be flat heeled and provide support and grip.



What to bring with you

- **A drink:** we recommend water, a fruit squash or juice
- **Light snack:** in case of low sugar levels
- **Inhalers and GTN sprays:** if you have been prescribed a Ventolin inhaler or a GTN spray, please bring it with you.

