

**PIN ME UP!**

## THE SUPER SIX

To help you to stay steady, try doing the 'super six' three times a week, in addition to your other physical activity.

### SAFETY CHECK:

- Use a sturdy and stable chair or something solid like a worktop for support.
- Wear supportive shoes and comfortable clothes.
- If any exercise causes pain in your joints or muscles **stop** check you are doing it correctly, and try it again. If pain persists, seek advice from a physiotherapist.
- Feeling your muscles work or a slight muscle soreness the next day is normal.
- If you experience chest pain, severe shortness of breath or dizziness **STOP IMMEDIATELY** and contact your GP or call 111 if your GP practice is closed.
- Try not to hold your breath - breathe normally throughout.

1



### SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly – using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair – using your hands if needed.

**Repeat up to 10 times.**

2



### HEEL RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

**Repeat up to 10 times.**

3

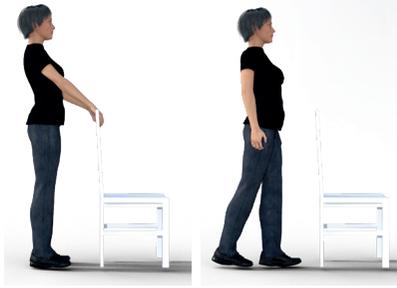


### TOES RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

**Repeat up to 10 times.**

4



### HEEL TOE STAND

Stand tall, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – taking your hands off if possible. Take your feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.

5



### HEEL TOE WALKING

Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support. Repeat the steps in the other direction.

6



### ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg.

## WHAT TO DO IF YOU HAVE A FALL

If you do have a fall, lie still for a minute, stay calm and check for injuries. If you know you can't get up, or feel pain in your hip or back, then try to call for help using your phone or pendant, or by banging on radiators or walls. Try to keep warm by covering yourself with whatever is close by and try and keep moving your limbs and roll from side to side if you are able to.

If you are unhurt and think you can get up, then you should:

1. Roll onto your side, then push up onto your elbows
2. Use your arms to push yourself onto your hands and knees
3. Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support
4. Slide or raise the foot of your stronger leg forwards so it's flat on the floor
5. Lean forwards and push up using your arms and front leg, slowly rising to a standing position
6. Turn around and sit down. Sit for a minute or two to rest

Many thanks to the Chartered Society of Physiotherapists and Saga for use of material from the 'Get Up and Go' falls prevention booklet - you can search for it online.



## TAKE THE BALANCE TEST

- Find a safe place, close to a chair or wall.
- Stand with your arms by your sides.
- Take one foot off the floor and start counting.
- Stop when you:
  - count to 30
  - need to put your foot down
  - need to grab a support
  - need to brace one leg against another.

### How did you do?

Did you manage to keep your balance for 30 seconds? As we get older, our balance and muscle strength can slowly decline without us noticing. As a result, we can find it harder to keep our balance if we trip or slip.



## STAY STEADY WITH

MOVE AND IMPROVE

## CONTACTS

Find more ways to stay steady and keep active at:  
[www.westsussexwellbeing.org.uk](http://www.westsussexwellbeing.org.uk)

**Adur and Worthing**  
01903 221450

*adur & worthing wellbeing*

**Arun**  
01903 737862

*arun wellbeing*

**Chichester**  
01243 521041

*chichester wellbeing*

**Crawley**  
01293 585317

*crawley wellbeing*

**Horsham**  
01403 215111

*horsham district wellbeing*

**Mid Sussex**  
01444 477191

*mid sussex wellbeing*

MOVE AND IMPROVE

## SIMPLE STEPS TO STAYING STEADY

Falls are not an inevitable part of getting older - there are simple steps you can take to stay steady, reduce your chance of falling, prevent serious injuries if you do fall, and keep up and about.

- Keep active
- Manage your medicines
- Have regular eye checks
- Look after your feet
- Eat well
- Create a safer home
- Consider vitamin D
- Tell someone if you fall

### When and where to get help

Discuss any concerns or worries with your GP or other health care professional if you:

- have had more than one fall in the last 12 months
- had a fall in your home
- blacked out, were dizzy when you fell or found yourself on the floor and didn't know why
- feel dizzy on standing up or when walking
- feel unsteady on your feet
- haven't had a review of your medication in the last year
- don't get out as much as you'd like as you're worried about tripping or falling