

Staying Fit for the Future

with

“Better Balance Better Bones”

A **physical activity programme** to improve your **strength** and **balance**.



This programme is suitable for **adults who walk unaided** and **want to stay strong on their feet and falls free for life!**

The staying fit for the future programme includes **an aerobic warm up** and **a series of exercises to challenge and improve;**

- » Your balance
- » Your joint and muscle flexibility
- » Your bone strength and muscle power

These exercises have been researched and proven to improve participant's ability to stay strong and steady on their feet.

PCC PHYSIOTHERAPY



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Cork
Sports Partnership
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Now is the time to act
for your **healthy future!**

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If you are wondering if the ‘**Staying Fit for the Future**’ programme is for you, check if you can do the following simple test of balance and strength;

Cross your arms across your chest, then keeping your arms crossed stand on 1 leg, now close your eyes and stand tall and steady for 10 seconds **If you find yourself a good bit more wobbly than you expected, this programme is for you.**

Come along to an **8 week** programme:

Programmes will be delivered by exercise professionals who have been trained by HSE Physiotherapists in the Staying fit for the Future, Better Balance Better Bones programme.

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