THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

STEADY ON YOUR FEET: *WHY BALANCE MATTERS* AS YOU AGE

How improving your strength, balance and confidence can help reduce your risk of alls and keep you doing the things you love.





Feeling a little less steady on your feet? Finding it harder to get up from a chair, walk on uneven ground or catch yourself when you lose your balance? These can be signs that your balance and strength need some attention.

While falls become more common as we get older, they aren't an inevitable part of ageing. Changes in muscle strength, coordination, mobility and balance can all increase the risk of falling.

The good news is that losing your balance isn't simply an inevitable part of ageing. Strength, coordination and stability can all be improved with the right exercises and guidance. Maintaining these abilities is important not only for reducing falls risk, but also for staying independent and confident in everyday life.







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HOW YOU CAN REDUCE YOUR FALLS RISK

- **Balance Training:** Exercises such as single-leg standing and tandem walking help improve stability and control.
- **Build Leg Strength:** Strengthening your quads, glutes and calves supports everyday movements like standing, walking and climbing stairs.
- **Functional Exercises:** Practising sit-to-stands, stepping and changing direction helps prepare your body for everyday activities.
- **Keep Moving:** Regular physical activity helps maintain strength, mobility and coordination. Consistency is key!

WHEN YOU SHOULD SEEK HELP?

If you've had a fall, feel unsteady when walking or are becoming less confident with everyday activities, it's worth having your balance assessed.

Don't wait until a fall happens to start working on your balance. Our physio team can help you build strength, improve stability and maintain your independence.