

The best way to stay healthy and independent is to be physically active!



STAND UP!

Stand Up! is a best practice program for fall prevention that focuses on building balance, strength and flexibility among older adults who are concerned about their balance or have had a fall. It is designed for older adults living independently in the community.

Through **Stand Up!**, you can learn to:

- Increase your self-confidence
- Increase leg strength
- Increase your balance and mobility
- Maintain healthy bones and reduce the risk of fractures
- Be more active
- Practice good posture
- Choose proper footwear
- Adapt your home and adopt safe behavior
- Safely use medications
- Reduce your risk of falling



The program is 12 weeks in duration and includes group exercise twice a week; information on healthy lifestyles and safe behaviors as well as home based exercise. Participants must register in advance and complete a brief assessment to ensure they are eligible. It is important to commit to the 12 week sessions in order to see results.



Classes run throughout the region in multiple communities based on interest. For more information or to find out if there is a class in your community contact your local public health unit.

- Algoma Public Health • 1-866-892-0172
- North Bay Parry Sound District Health Unit • 1-800-563-2808
- Porcupine Health Unit • 1-800-461-1818
- Public Health Sudbury & Districts • 1-855-674-4330
- Timiskaming Health Unit • 1-866-747-4305

The **STAND UP!** exercises are safe and they are adapted to your abilities.



Stay Active. Stay Independent.
Stay on Your Feet!

Supported by:

