



# STRENGTH & BALANCE FOR SENIORS

*Are you worried about falling, either in your home or when you go out?*

*Do you lack confidence in unfamiliar environments when the surface may be uneven?*

*Are you feeling concerned that if you fall you may hurt yourself quite badly?*

*Due to the pandemic, have you found yourself going out less and less and are feeling frightened about being steady on your feet?*



I work with people individually to reduce their fear of falling and increase their strength and balance so that they can get out and about again – see friends, enjoy days out, play with their grandchildren.

I deliver an exercise programme (see overleaf) designed specifically to prevent falls. It comprises of strength and balance exercises and a walking plan.

It works for men and women and can reduce the number of falls, and injuries from falls, by 35%.

**“** *Falling is no fun! One minute you are wandering along quite happily and the next minute the ground is hurtling towards you. Jane has been patient, kind but firm. I can wholeheartedly recommend her course to support your balance and give you the confidence to stride out.* **CR**

**”**

## WHEN I WORK WITH YOU, I WILL:

- Assess your current ability and tailor a programme based on what you are able to do
- Provide you with a booklet and ankle cuff weights to get started
- Visit, and work with you for 4-5 months
- Provide telephone support for up to 12 months, and visit you if needed

### STRENGTH & BALANCE PROGRAMME FOR SENIORS

Month	1			2	3	4	5	6	7	8, 9, 10, 11	12
Week	1	2	4	8		16			30		50
Home exercise visits	✓	✓	✓	✓		✓			✓		✓
Telephone follow up					✓		✓	✓		✓	
Monitoring of exercises completed			✓	✓	✓	✓	✓	✓	✓	✓	✓
Monitoring of any falls	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

If you believe you would benefit from my  
**STRENGTH & BALANCE PROGRAMME FOR SENIORS,**  
 then visit my website [www.bodymanoeuvres.com](http://www.bodymanoeuvres.com) or give me a call on **01628 302144**

**I'd love to talk to you about how I can help.**

