

# Steady As You Go

## Falls Prevention, Strength and Balance Classes

Age Concern Canterbury

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Issue 3

### Seven easy ways to become more stable

As we age, the statistics show that we fall over more, and with more serious injuries. We know now that this is due to our lifestyle changes that weaken our muscles and dull our sense of balance. We can prevent these changes and we can also reverse them. Age Concern's Steady As You Go (SAYGo) Falls Prevention exercise classes are designed to strengthen all the muscle groups involved in holding us erect, and to improve our spatial awareness so we don't fall over. We also discuss strategies to reduce the chance of a fall.

#### Here are seven more key things you can do to keep yourself safe:

1. Connect your brain to your feet. Become more aware of what your feet are doing. Train your brain to notice the messages that the nerves in your feet tell you about the surface you are walking on – is it sloping, slippery, have pot holes or wet?
2. Keep your feet apart – about 20cm or hip distance apart will give you a much more stable stance.
3. Soften your knees to enable you to stand comfortably for longer.
4. Use your eyes and notice what you can see with your peripheral vision. This will help you to see things that might trip you up.
5. Firm up your core muscles to keep you strong and help prevent back injuries. Pull up your pelvic floor and pull in your tummy.
6. When you turn, move your feet in lots of small steps rather than letting them cross in front of one another.
7. Hold on!! Grab a railing, handle, chairback or a younger person!

### SAYGo (Steady As You Go) – more than just an exercise class

#### SAYGo Falls Prevention exercise classes help you to avoid and prevent falling.

While falls are not an inevitable part of aging, the incidence of falls does increase with age. Age-related changes can make us unsteady on our feet. Muscle and bone mass decreases and the senses that guide our balance - vision, touch, and awareness of our body parts - may all start to deteriorate. Some medications can make us feel dizzy, while pain and some medical conditions can affect our balance.

However, more often, because our activities change, we can lose strength in the powerful muscles of our thighs, hips, buttocks, abdomen and lower back. This is not strictly age related, and thankfully, we can reverse this loss.

**SAYGo helps greatly. The exercises we do in a SAYGo class are specifically designed to improve strength, particularly of your legs, buttocks and core.**

**The exercises also improve your flexibility, mobility and balance to help you keep your body upright, and help bring you back to vertical if you should stumble.**



### SAYGo classes

There are now 31 SAYGo classes running in Christchurch and North Canterbury. (See the growing list on the back page).

For the first 11 weeks, the classes are led by Christine and Robyn, Age Concern's Falls Prevention Coordinators. During those first few weeks, people in the class volunteer to share responsibility for running the class, with easy roles like managing the CD Player and keeping the attendance list. These people are called Peer Leaders. We all get together for a fun filled training day, and then the classes continue as independent community groups, while Christine and Robyn go on to start up other new classes.



# Steady As You Go Falls Prevention exercise classes in Canterbury as at April 2018

For more information about any of these groups please phone Age Concern Canterbury  
366 0903 or Christine Toner 0274339598 (city) or Robyn Bain 0220468467 (Nth Canterbury).

Day	Time	AREA	Location of class
<b>Christchurch City Classes</b>			
Monday	10.00am	Redcliffs	Port Hills Uniting Church, Augusta Street, Redcliffs
Monday	10am	Parklands	Parkview Lounge, Parklands Community Centre, Queenspark Drive
Monday	10.30am	Hei Hei	Community Centre, Wycola Ave
Monday	10.30am	Wainoni Best Years group	Celebration Centre, 81 Bickerton Street, back entrance with Preschool signage
Monday	1pm	Harewood 2 <i>Waitlist only</i>	St James Church Hall, Harewood Road, Airport end
Monday	2pm	Harewood 3 <i>New members welcome</i>	St James Church Hall, Harewood Road, Airport end
Monday	1pm	Halswell <i>Waitlist only</i>	Te Hapua, Halswell Service Centre and Library 341 Halswell Road
Monday	2pm	Papanui Village Presbyterian Church	Papanui Village Presbyterian Church, Frank Street, Papanui
Tuesday	9am	Nazareth House	Nazareth House, 220 Brougham Street, Sydenham
Tuesday	9.30am	Papanui	Age Concern Centre, cnr Main North Rd and Loftus St
Tuesday	10.30am	Fletcher Place, Upper Riccarton	Fletcher Place Residents Lounge, off Bowen Street Ph 343 0631
Tuesday	10.30am	Bryndwr Chapel	179 Idris Road, Bryndwr
Tuesday	2pm	Waltham	Waltham Cottage, 201 Hastings Street East
Wednesday	10.30am	Redwood	Manse Place Residents' Lounge, off Main North Road
Wednesday	10.45am	Halswell2	Te Hapua, Halswell Service Centre and Library 341 Halswell Road
Wednesday	1pm	Lincoln	Lincoln Community Care, Lyttelton St, behind the Library
Thursday	9.30am	Riccarton	Kauri Lodge, 148 Riccarton Road
Thursday	10.00am	St Albans <i>Waitlist only</i>	St Albans Tennis Club, Dover St, St Albans
Friday	9.30am	Hoon Hay	Hoon Hay Presbyterian Church Lounge, 5 Downing St, Hillmorton 8025
Friday	10.00am	New Brighton <i>Waitlist only</i>	New Brighton Library - in the PAD
<b>North Canterbury Classes</b>			
Wednesday	10.30am	Rangiora	Ballarat Retirement Village, 21 Ballarat Road
Wednesday	11am	Amberley	Amberley Library, RSA Room
Wednesday	10.30am	Rotherham	Rotherham Hotel, 42 George St, Rotherham
Wednesday	11.30am	Oxford	Oxford Town Hall, 34 Main Street, Oxford
Thursday	11.00am	Amberley Beach	Amberley Beach Hall
Thursday	1.30pm	Pegasus	Pegasus Community Centre, corner Pegasus Main and Tahuna Street
Thursday	2.00pm	Kaipoi	The Mill Room (Darnley), 24 Sewell Street, Kaipoi
Thursday	4.00pm	Rangiora	Ballarat Retirement Village, 21 Ballarat Road