

Steady As You Go (SAYGo)

Falls Prevention, Strength and Balance Classes

Age Concern Canterbury

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Issue 4

SAYGo (Steady As You Go) helps to keep you safe

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

In a recent article in NZ Listener (11 August 2018) Auckland University nutrition professor David Cameron-Smith said that for too long, we've focused on our heart and brain health at the expense of what he calls our most significant tissue – our muscles. He says that we juggle our life tasks and responsibilities and begin to lose muscle mass and strength in our 30s, hardly noticing this for many years. Then, he says "At some point in your life, the hardest thing you will have to do is get up out of your chair or get yourself up off the floor after a fall and your maximum strength determines whether you can or can't do that...whether you lie on the floor and have to wait for the paramedics to come and get you or whether you are stuck on the toilet and can't get up."

Strength and balance are critical wellbeing factors as we age. Loss of strength is NOT a direct result of aging – rather it happens because we change our lifestyles as we age. We sit a lot. We might walk, but that is not enough. More often, because our activities change, we can lose strength in the powerful muscles of our thighs, hips, buttocks, abdomen and lower back. And we lose awareness of what our feet are doing. We lose awareness of our peripheral vision because we forget to notice what we can actually see around us. Thankfully, we can reverse these changes.

SAYGo helps greatly.

The exercises we do in a SAYGo class are specifically designed to improve strength, particularly of your legs, buttocks, back and core. We do eye exercises. We learn how to walk safely. We train our brain to be aware of what our feet are doing.

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

SAYGO classes are:

- Friendly
- Fun
- Pretty easy
- Designed by international experts in falls prevention at Otago University, along with Age Concern Otago
- Focused on the muscles that keep you upright and balanced
- Self managing
- Very affordable (\$2 koha)
- Held in halls and community lounges throughout Christchurch, Lincoln and North Canterbury.

You will have fun, make friends, gain confidence, be more stable, gain strength, become less likely to fall.

Come and try a SAYGo class

You will be warmly welcomed at any of the open SAYGo classes (see the list over the page).

Some classes are waitlisted, so please try another one or request a new class in your area. Just come along. No need to book in. Bring a \$2 donation please.

See over page for a list of classes.



Steady As You Go - SAYGo Falls Prevention/Strength and Balance Exercise Classes in Canterbury (at 10 October 2018)

For more information about these groups phone Deirdre at Age Concern Canterbury 366 0903 or Christine Toner 0274339598.

CHRISTCHURCH CITY AND SOUTH		
Day /time	AREA	Location of class
Mon 10.00am	Redcliffs	Port Hills Uniting Church, Augusta St
Mon. 10.00am	Parklands <i>Waitlist</i>	Parkview Lounge, Parklands Community Centre, Queenspark Dr
Mon. 10.30am	Hei Hei	Community Centre, Wycola Ave
Mon 10.30am	Wainoni	Celebration Centre, 81 Bickerton St
Mon 1.00pm	Harewood <i>Waitlist</i>	St James Church Hall, Harewood Road, airport end
Mon 1.00pm	Halswell <i>Waitlist</i>	Te Hapua, Halswell Service Centre and Library, 341 Halswell Road
Mon 2.00pm	Harewood <i>Waitlist</i>	St James Church Hall, Harewood Rd, airport end
Mon 2.00pm	Papanui	Papanui Village Presbyterian Church, Frank Street
Tues 9.00am	Nazareth House	Nazareth House, 220 Brougham Street, Sydenham
Tues 9.30am	Papanui <i>Waitlist</i>	Age Concern Centre, cnr Main North Rd and Loftus St
Tues. 10.30am	Upper Riccarton	Fletcher Place Residents Lounge, off Bowen Street Ph 343 0631
Tues 10.30am	Bryndwr	Bryndwr Chapel, 179 Idris Road
Tues 2.00pm	Waltham	Waltham Cottage, 201 Hastings St East
Wed 10.30am	Redwood	Manse Place Residents' Lounge, off Main North Road
Wed 10.45am	Halswell	Te Hapua, Halswell Service Centre and Library, 341 Halswell Road
Wed 11.00am	Spreydon	Maurice Carter Courts Residents Lounge, 16 Dundee Place, Spreydon
Wed 1.30pm	Lincoln	Lincoln Community Care, Lyttelton St,
Thurs 9.30am	Riccarton	Kauri Lodge, 148 Riccarton Road
Thurs. 10.00am	St Albans <i>Waitlist</i>	St Albans Tennis Club, Dover St
Thurs 10.00am	Parklands	Parkview Lounge, Parklands Community Centre, Queenspark Dr
Fri 9.30am	Hoon Hay	Hoon Hay Presbyterian Church Lounge, 5 Downing Street.
Fri 10.00am	New Brighton <i>Waitlist</i>	New Brighton Library – in the PAD
NORTH CANTERBURY		
Day time	AREA	Location of class
Wed 10.00am	Rangiora	Ballarat Retirement Village, 21 Ballarat Rd
Wed 11.00am	Amberley	Amberley Library, RSA Room
Wed 10.30am	Rotherham	Rotherham Hotel, 42 George St
Wed 11.30am	Oxford	Oxford Town Hall, 34 Main Street
Thurs 11.00am	Amberley Beach	Amberley Beach Hall
Thurs 1.30pm	Pegasus	Pegasus Community Centre, corner Pegasus Main and Tahuna Street
Thurs 2.00pm	Kaiapoi	The Mill Room (Darnley), 24 Sewell St
Thurs 4.00pm	Rangiora	Ballarat Retirement Village, 21 Ballarat Rd