



Fall-proof
Strength and balance plan



Let's move to keep you strong

Fall-proof gives you easy to follow strength and balance exercises that you can do at home, as part of your daily routine. No need to put aside time each day for an exercise programme – just build these Fall-proof movements into what you do already, like waiting for the kettle to boil.

With Fall-proof, you can:

- Check your current strength and balance
- Do simple exercises that help you feel younger and stronger
- Track your progress

**Stay independent,
strong and active.**

**Download your free
booklet and 'Move
To Improve cards' at
www.fallproof.me**

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You can do it
at different times
during the day, so
it doesn't interrupt
your routine.
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**Able
like Mabel.**

