

FALLS PREVENTION AWARENESS WEEK

19-25 September 2022

CHALLENGE YOURSELF & YOUR TEAMS TO
TRY OUR '7 MANTRAS' TO HELP

TACKLE THE
TOPIC OF FALLS

'7 mantras to move to'
spark different conversations during exercise
sessions to raise awareness of how we can
stand up to falls!

LATER LIFE TRAINING
supporting

Falls Prevention Week 19th-25th September 2022

Spark a conversation and try 1, more or all 7 mantras to move to....

1. Increasing light activity across the day

“SIT LESS MOVE MORE AND DON'T BE A PLONKER!”
(SIT A LITTLE SLOWER)

2. Change conversations about home exercise

“TELL ME WHERE YOU GO?”
(TO DO YOUR HOME EXERCISES)

3. How do your strength exercises feel?

“HOW MANY MORE IN YOUR TANK?”
(YOU SHOULD FEEL YOU HAVE JUST 2 OR 3)

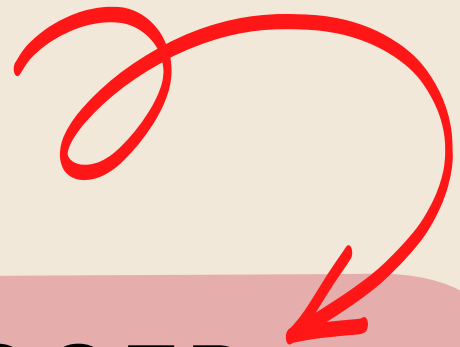
Rise to the challenge to 'stand up to falls!'

1 LLT point for every time you try one of our '7 mantras to move to'

Let us know how you do via Facebook & Twitter

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Spark a conversation and try 1, more or all 7 of our mantras to move to....



4. Life requires a bit of huff n puff

“BIGGER MOVES BRING BIGGER BREATHS. MOVE, RECOVER & REPEAT“
(TO IMPROVE STAMINA OVER TIME)

5. Foot reactions rather than grabbing hands

“WHEN YOU FEEL THE WOBBLE USE YOUR FEET“

6. While your muscles are warm, make the most of a stretch

“BUILD TOWARDS A LONGER HOLD TO HELP WITH LONGER STRIDES“

7. Practice getting down, to help with getting up

“START WITH KNOWING IF YOU CAN, IF YOU CAN'T, MAKE A PLAN“

Rise to the challenge to 'stand up to falls!'

1 LLT point for every time you try one of our '7 mantras to move to'

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