

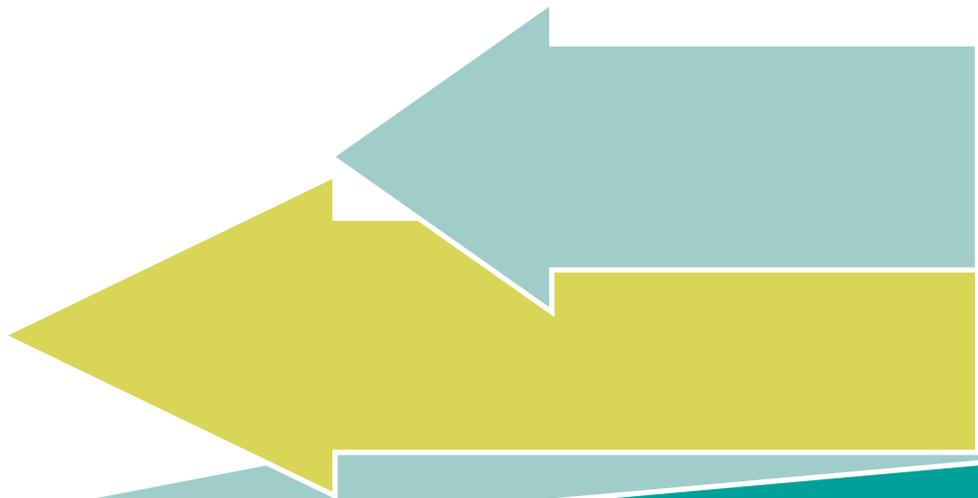
STAY ON YOUR FEET®

Move

Improve

Remove

Move Your Body Facilitator Guide



Move Your Body Education Session

The Move Your Body Facilitator Guide provides information for delivering falls prevention education, specifically around strength and balance in an engaging and interactive presentation. The tools included will help you to hold a group presentation or individual conversations with older adults.

Click here to download the complete toolkit.

The toolkit includes:

- [Move Your Body facilitator guide](#)
- [Move Your Body PowerPoint presentation](#)
- [Move Your Body quiz](#)
- [Move Your Body event poster](#)
- [Move Your Body preparation and promotion kit](#)
- [Evaluation form](#)

During the session you will start by introducing yourself and explain what the purpose of the workshop is. Begin the session by providing the group with falls statistics and explain, using the key messages, why moving your body is important in preventing a slip, trip or fall. Ask the group why it is important for older adults to strengthen their legs and challenge their balance. Try to keep an open dialogue with the group and encourage everyone to share their opinions.

Move Your Body key messages:

- Falls are preventable.
- Improving your strength and balance is the best way to prevent falls.
- Good strength and balance is important to keep you safe.
- Good strength and balance are needed to do your everyday activities.
- Make improving your balance and strengthening your legs part of your daily activities; you can do it in your own home.



Strength and balance

Balance is staying upright and steady when stationary or during movement.

Strength is the ability of a muscle or muscle group to use force to lift or overcome resistance, in one single effort.

Why are strength and balance are important?

Both strength and balance help you to complete everyday activities and stay independent. Activities that involve twisting, turning and bending all challenge your balance. Activities that you do every day that use your balance include reaching for cups above the bench, gardening, leaning sideways to get the telephone and bending over to put on your shoes. Strength is measured based on the amount of weight lifted. Muscular strength is the ability of a muscle or muscle group to use force to lift or overcome resistance, in one single effort. Having strong legs is important for everyday movements and activities. Simple things like standing tall, getting out of bed and walking around all rely on strong legs. Remember, if we don't move it, we lose it.

How can older adults improve their strength and balance?

Building strength and balance can be achieved through the completion of various exercises. During these exercises, a person's centre of gravity is constantly moving and they need to engage various muscles to stabilise themselves. Effective exercise programs for preventing falls mainly focus on challenge and progressive exercises. The exercise program should be tailored to their existing levels of fitness. An exercise program needs to be challenging yet safe. Ensure participants know to seek advice with their GP prior to starting any balance exercises or activities.



Session plan

Why is it important to move your body?

10 minutes

- Activity 1.** What are strength and balance?
- Activity 2.** Why are strength and balance important?

What can affect strength and balance?

10 minutes

- Activity 3.** Factors that affect strength and balance

How can older adults move their body?

10 minutes

- Activity 4.** How can older adults move their body?
- Activity 5.** Who can help?

Barriers to moving your body

5 minutes

- Activity 6.** Barriers to moving your body and the impact on falls prevention

Summarise and review

10 minutes

- Activity 7.** Role playing: action plan
- Activity 8.** Summary
- Activity 9.** Quiz

Toolkit resources

PowerPoint Presentation

[Move Your Body PowerPoint](#) - a useful tool to guide you through the session and to remember the key messages of each session. It may also be printed for yourself and participants if you do not have access to a screen.

Stay On Your Feet[®] resources

[Build Your Balance Exercise Video](#) focuses on simple ways to build your balance to keep you on your feet.

[Move Your Body Brochure](#) discusses ways you can move your body and improve your strength and balance.

[Build Your Balance flyer](#) describes simple balance exercises which can be done at home.

[Strengthen Your Legs flyer](#) describes leg strengthening exercises which can be done at home.

[Move Improve Remove booklet and action plan](#) covers the Stay On Your Feet[®] key messages and can be a great tool for older adults to write down their personal goals.

You can order the above resources for free at www.injurymattersquickmail.com.au.

Preparation and promotion kit

The preparation and promotion kit takes you through the steps of planning and promoting your event,

Evaluation Forms

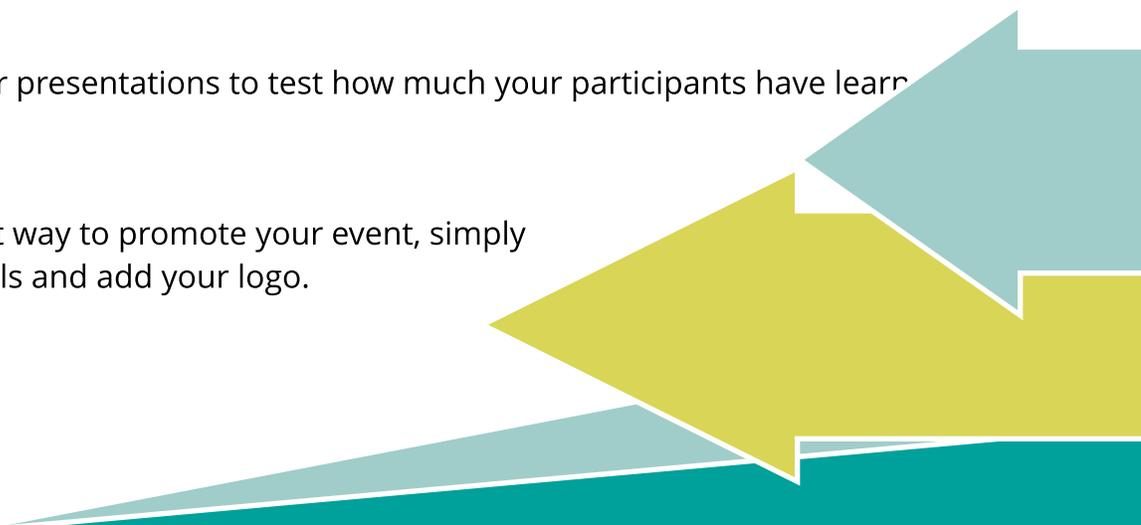
[Evaluation forms](#) will allow you to measure what participants have gained from attending, what worked well and what can be improved. Your group will also have the opportunity to win a prize if you return your evaluation forms to Injury Matters.

Quiz

Use the [quiz](#) after the your presentations to test how much your participants have learned.

Event poster

The [event poster](#) is a great way to promote your event, simply complete your event details and add your logo.



Why is it important to move your body?

- Activity one

Session tools

- Move Your Body PowerPoint slides 4-13
- White board/butchers paper and pen

What are strength and balance?

Ask the audience to describe strength and balance.

Balance is a complex skill in which our body's position is kept stable and controlled while we stay still and move. Balance involves the systems of the body working together to control movements. To stay balanced we need our brain to receive and respond to messages from our muscles, joints and eyes.

There are two types of balance. Static balance is when we are standing still. Dynamic balance is when we are moving. Both types of balance need to be maintained and challenged to prevent falls in older adults as we use our balance for everyday tasks such as sitting and standing, moving around and reacting to changes to our body position.

Strong muscles help protect our joints and bones, and also protect us from injury. As we get older our muscles naturally lose some of their size and bulk, but doing strength training 2-3 times per week can slow this process down.

To be strong is to have the strength and the ability to move our body. Unfortunately, physical strength declines steadily after the age of 40. For older adults, reduced lower limb muscle strength has been identified as an important risk factor for falls.

Having strong legs is important for everyday movements and activities. Simple things like standing tall, getting out of bed and walking around all rely on strong legs. Remember, if we don't move it, we lose it.

Why is it important to move your body?

- Activity two



Session tools

- Move Your Body PowerPoint slides 4-13
- Whiteboard/butchers paper and pen

Why are strength and balance important?

Strength and balance are two components of our mobility that are important at any age. As we get older, it is essential that we focus on keeping our strength and balance to stay healthy and independent. Good strength and balance allow us to take part in everyday activities such as walking, getting out of a chair, getting dressed, leaning over to pick up our grandchildren, or reaching up to put groceries on a shelf.

Strong legs are needed to help us maintain and control our balance. Therefore, poor balance and leg strength can lead to an increased risk of falling. Both strength and balance can decline as we age so it is important to focus on improving our strength and balance to stay healthy and prevent a fall.

Using the PowerPoint slides identify which tasks require strength and balance

Start by showing the group PowerPoint slides featuring pictures of everyday tasks that older adults may complete. As each photo is presented ask the group if the task requires good strength and balance to complete (Hint: they all do).

If PowerPoint/projector is not available, hand out a printed copy of the pictures. With the group, discuss how both strength and balance help you to complete everyday activities. Activities that require strength and balance include reaching for cups above the bench, gardening, leaning sideways to get the telephone and bending over to put on your shoes.

What can affect strength and balance?

- Activity three

Session tools

- Move Your Body PowerPoint slides 14-15

Factors that affect strength and balance

As a group, brainstorm what can affect strength and balance.

Discuss the following examples:

Physical activity	Staying physically active and doing exercises that challenge balance is extremely important for maintaining good balance.
The inner ear	The inner ear detects the movement and placement of your head and gives information to your brain in relation to gravity.
Blood pressure	If your blood pressure drops too quickly, it can make you feel lightheaded and dizzy.
Feeling lightheaded	Feeling dizzy or lightheaded is a common cause of falls.
Muscles and joints	As we get older our muscle mass and joint movement, can start to decrease which can make it harder for us to correct our balance.
Eyesight	Our eyes help to tell our brain where our body is positioned in relation to our surroundings. Good vision is important as it helps us to see and avoid hazards.
Medicines	As we get older, we tend to take more medicines. All medicines have side effects that can put us off balance and increase our risk of having a slip, trip or a fall.

What can affect strength and balance?

- Activity three (continued)

Session tools

- Move Your Body PowerPoint slides 14-15

Changes to muscles and bones	As we get older we can lose muscle mass and strength, making us tired, weak and reduce our endurance. The structure of our bones also changes as we age. Loss of bone density makes our bones weak and increases the risk of a break if we fall.
Muscle and bone conditions	There are many common conditions that affect our muscles and bones, including Osteoarthritis, Osteomalacia, Osteoporosis, Rheumatoid arthritis and general weakness.
Changes in joints	In many of our joints our bones do not make direct contact with each other. They are cushioned by cartilage however as we age, our joints can become stiffer and lose their flexibility.
Calcium and Vitamin D	Calcium is required for bone development and forms with other minerals to make our bones hard and strong. Vitamin D helps the body absorb more calcium. Not getting enough calcium or vitamin D makes you more at risk of a fracture if you injure yourself.

Factors which can protect our balance include daily strength and balance exercises, wearing good footwear, addressing foot problems, eating well to prevent ourselves from getting dizzy and keeping our mind alert and aware.

When our strength and balance are working well, our body is more easily able to respond to external changes in our environment, such as the weather or any hazards we may come across.

How can older adults move their body?

- Activity four

Session tools

- Move Your Body PowerPoint slides 16-20
- Distribute Stay On Your Feet® resources and play Build Your Balance Exercise Video if time permits.

How can older adults move their body?

As a group, brainstorm different exercises and activities that you could do to move your body.

Discuss the following examples:

Stay On Your Feet® Exercise Flyers and Brochure	The exercises shown in these resources are simple, basic exercise that you can complete safely from the comfort of your own home.
Stay On Your Feet® Build Your Balance Exercise Video	The Build Your Balance Exercise Video is an interactive resource which highlights simple balance exercises which can be done safely from the comfort of your own home.
Tai Chi	Tai Chi is a safe and effective exercise that we can do to help reduce our risk of having a fall. It is great for balance as it has slow and smooth movements.
Home-based exercises	Home-based exercise programs include the Otago Exercise Program, a home-based balance and strength exercise program that is tailored to suit your needs and ability and delivered by trained instructors. The Lifestyle-Integrated Functional Exercise (LiFE) Program is an alternative approach to exercise and includes balance and strength activities in our daily tasks.

How can older adults move their body?

- Activities four (continued) and five

Session tools

- Move Your Body PowerPoint slide 16-20
- Distribute Stay On Your Feet[®] resources and play Build Your Balance Exercise Video if time permits.

Living Longer Living Stronger	Living Longer Living Stronger is an evidence based strength and exercise program designed for people over 50. It is run by trained professionals and located in gyms across WA.
Tai Chi	Tai Chi is a safe and effective exercise that we can do to help reduce our risk of having a fall. It is great for balance as it has slow and smooth movements.
Prime movers	Prime Movers is a very popular exercise class which incorporates movements to music to improve fitness, confidence and mobility.
Recreational activities	Activities and sports such as tennis, swimming, lawn bowls, dancing and golf are all fun and enjoyable ways to improve your strength and balance.

The Stay On Your Feet[®] eDirectory is a great tool to find exercise classes in your local area. It is an online directory with information on programs and classes located throughout Western Australia. Visit www.stayonyourfeet.com.au.

Who can help?

Ask the audience who they can go to for falls related information. Answers should include General Practitioners, Physiotherapists, Exercise Physiologists, Personal Trainers, Occupational Therapists, Falls Specialists and health promotion programs such as Stay On Your Feet[®].

Barriers to moving your body

- Activity six

Session tools

- Move Your Body PowerPoint slides 14-15

Barriers to moving your body and the impact on falls prevention

As a group, brainstorm barriers to physical activity.

Barrier	How to overcome it
Feeling unwell/ experiencing pain	Speak with your GP before beginning any exercise programs. If you are feeling unwell stop activities immediately. Work at your own pace. Speak with GP/physiotherapist about suitable seated activities.
Lack of motivation	Understand that having good balance and strength can help you stay strong and independent. Complete the exercises with your carer/family/friend. Pick your favourite time of the day to exercise.
Do not find exercise enjoyable	Find an activity that you enjoy. Think outside the box; there are a range of different programs available in the community. Contact your local government to find out what's available. Exercise with a friend and make it a sociable experience. Play your favourite music when you exercise.

Barriers to moving your body

- Activity six (continued)

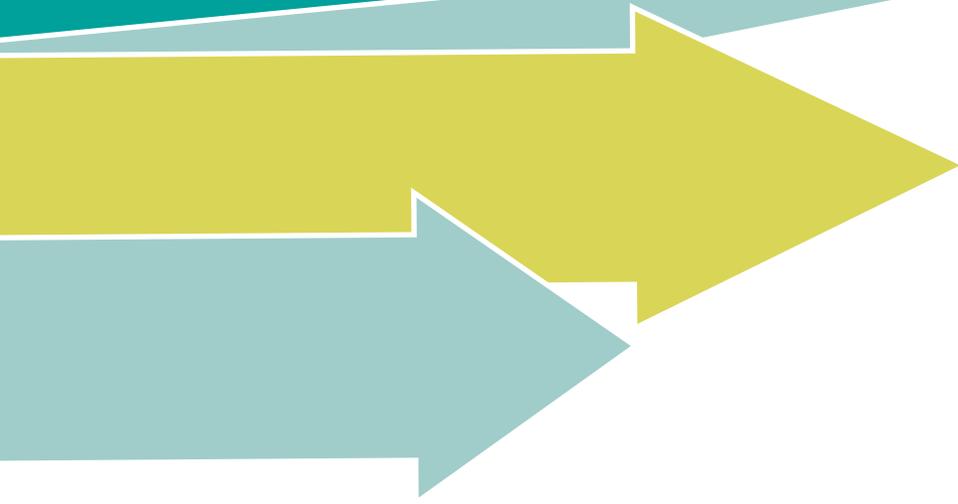
Session tools

- Move Your Body PowerPoint slides 14-15

Aren't sure of what exercises to do	Work through the Stay On Your Feet [®] exercise flyers and watch the Build Your Balance Exercise DVD. Try to find a local exercise or recreation class, Stay On Your Feet [®] can help. Speak to your GP or physiotherapist about exercise ideas.
Injured recently or concerned about getting injured	Speak to GP prior to starting exercise. Choose exercises involving minimal risk. Start slowly and build up your confidence.
Cost or lack of resources	Find activities that require minimal facilities or equipment such as walking or/and use Stay On Your Feet [®] exercise flyers or Build Your Balance Exercise DVD. Enquire about discounted programs run from through your local recreation centre or seniors discounts. Speak to COTA WA about Living Longer Living Stronger, an affordable exercise program for older adults.

Summarise and review

- Activity seven



Session tools

- Move Your Body PowerPoint slides 23-27
- Move Improve Remove booklet and action plan
- Evaluation forms

It is a good idea to summarise and review the session and ask the group to have a think about what they can do to incorporate strength and balance exercises into their daily activities. Remind participants to use the Stay On Your Feet[®] resources and demonstrate the exercises. Encourage them to incorporate balance and strength exercises into their daily routines.

Role playing: action plan

Hand out the Stay On Your Feet[®] Move Improve Remove booklet and action plan.

Ask the group to split into pairs and role play conversations. If working with staff, practice conversations they can have with older adults about the importance of moving their body and then assist them in writing down actions to help them achieve this. Writing down actions can help provide motivation, a sense of purpose and pride in accomplishment. The actions should be simple and realistic. If with older adults themselves, in pairs get them to think about what actions they could make to move their bodies.

Summarise and review

- Activities eight and nine

Session tools

- Move Your Body PowerPoint slides 23-27
- Move Improve Remove booklet and action plan
- Evaluation forms

Summary

Re-discuss the Move Your Body key messages with your audience.

The Move Your Body key messages are:

- Falls are preventable.
- Improving your strength and balance is the best way to prevent falls.
- Good strength and balance is important to keep you safe.
- Good strength and balance are needed to do your everyday activities.
- Make improving your balance and strengthening your legs part of your daily activities; you can do it in your own home.

Quiz

A quiz can be a great way to test people's knowledge and see how much information has been absorbed. Depending on time you can ask people to call the answers out or write them down on a notepad to review at the end. You can use the accompanying Move Your Body quiz or come up with your own.

Review answers and discuss with group.

Thank the group for attending and distribute and explain the evaluation forms.

Evaluating your session

Evaluating your session lets yourself and Injury Matters know how successful the Move Your Body education session guide has been. Simply follow the below steps:

- 1.** Complete the [Organiser Evaluation Form](#). As the organiser, you can go in the draw to win a voucher valued at \$20 just by letting us know you used education session guide.
- 2.** Print of one copy of the [Participant Evaluation Form](#) for each participant to complete. By completing the questionnaire, participants can go in the draw to win a \$20 gift card.
- 3.** Return completed forms (both Participant and Organiser Evaluation Forms) by e-mail at info@stayonyourfeet.com.au or by posting to:

Injury Matters
PO Box 208
LEEDERVILLE WA 6903