

Have you had a fall or are scared of falling?
Do you want to improve your muscle strength and balance?
Is remaining independent in your own home important to you?



Then come and join the **Movement for Health** Programme

This Falls Prevention programme is for people over 65 years of age or (55 for those of Maori and Polynesian descent). The programme is specifically developed and designed for people at risk of falling, have balance issues, need aids to walk or lack muscle strength.

A 16 week programme starting with seated and standing exercises and progressing onto Modified Tai Chi which is well known for improving balance. You will receive encouragement and support with instruction by a trained tutor.



"Enables me to carry on my work and day to day life with confidence and I enjoy the classes. My life is so much easier keeping active". Olwyn Rae—participant

Held at these Invercargill locations:

Hearing Association

126 Leet Street - Monday 9.30am

Awarua Social & Health Services

Cnr Forth & Ness Streets - Monday 10.30am

South City Community Centre

Jenkin Street - Monday 11.30am

St. Stephen's Church Hall

Ruru Street - Thursday 10.30am

Rosedale Bible Church

Cnr Exmouth & Bourke Street - Thursday 11.30am

ACC Funded

Classes are 45 minutes and regular attendance is important and necessary to gain the benefits.

A FREE PROGRAMME!

Please phone to book your space in this life changing programme



Phone 03 211 2150 | www.sportsouthland.co.nz

Older Adults Benefit From Ancient Exercise

Friday, 18 January 2008, 1:46 pm

www.scoop.co.nz

The ancient practice of Tai Chi has been rediscovered by older adults across New Zealand. Thousands are involved in classes and the trend is increasing steadily.

Tai Chi classes are funded by ACC with the aim of reducing older adult falls by building up strength and balance.

“Tai Chi is a really gentle form of exercise, so even people who suffer arthritis, or may have already had a fall, are able to participate,” said Ann Rose, ACC’s Injury Prevention Spokesperson.

ACC studies show that one in three people aged over 65 will fall each year and half of those over 80 will fall. Research has proven that a 16 week course of Tai Chi can reduce falls in the older adult bracket by 47.5%. ACC modified Tai Chi classes run for 20 weeks. “ACC’s Tai Chi classes are modified to provide a set of exercises that focus on improving lower limb strength and balance,” said Ann.

Falls caused the greatest number of ACC claims in New Zealand from July 2006-June 2007. Over 150 people aged 65 or over died as a result of a fall and over 46,000 aged 65 and over were injured. Ann Rose said the worry of falling can cause people to become inactive which is a danger to their overall health.

“Tai Chi provides confidence as well as physical mobility, allowing people to feel safer being active in their homes.”

To participate in ACC funded Tai Chi classes participants need to be:

- Aged 65 years or older (55 years or older if Maori or Pacific)
- Living independently in the community
- Have had a fall in the last 12 months, or if not had a fall, deemed to be at high risk of a fall by a registered health professional