



Have you had a fall or are you becoming more unsteady on your feet?

Are you concerned about having weaker muscles?



Your Health Norfolk:

Falls Management Exercise Programme

What is FaME?

FaME (Falls Management Exercise Programme) is an evidence-based exercise programme shown to reduce the risk of falls by improving strength, stability, and confidence in balance. The classes are delivered by specialist qualified exercise instructors, who understand age-related changes that happen in the body. The classes are a great way to meet other people, receive support and build motivation.

Exercises within the class are progressed accordingly and are specifically developed to help you feel steadier on your feet and improve your confidence in getting around on your own.



**YOUR
HEALTH
NORFOLK**

If you are interested in joining, please contact us on:

Email: info@yourhealthnorfolk.co.uk

Telephone: 01603 339026

Website: www.yourhealthnorfolk.co.uk/signposting



Your Health Norfolk: Falls Management Exercise Programme

What to expect in the class:



- ✓ Equipment will be used in the class such as resistance bands and weights
- ✓ Some exercises are seated but as you progress the instructor will encourage longer periods of standing.
- ✓ The exercise instructor will ask you to complete a pre-exercise health questionnaire prior to your first session
- ✓ To help top up your dose of exercise in the week a personalised home programme will be provided and progressed throughout the course

What to bring to the class:



- ✓ We recommend wearing comfortable clothes that don't restrict your movement and suitable footwear such as trainers
- ✓ Please bring a bottle of water to each session
- ✓ Participants with asthma or angina must bring their inhaler/GTN spray to the session

How to attend the class:



- ✓ Classes are delivered throughout Norfolk and are held in community venues, church halls and leisure centres
- ✓ To view our current class list please visit our class finder section on our website
- ✓ You can be referred to our service by a health professional, family member or friend, use the details below to contact us to find out more



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