

# Top tips for staying steady

There are some simple things you can do to stay steady on your feet. Here are our top tips to help you to improve your strength and balance and to feel more confident if you are worried about falling. For more information or a free copy of our advice guide *Staying steady* call 0800 169 6565.

## 1 Exercise regularly

Focus on activities that challenge your balance and strengthen your legs, like gardening, dancing, tai chi or special balance and stability classes.

## 3 Ask about your medicines



Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this, as they may want to change your dose or look at alternatives.

## 5 Vitamin D for vitality



Vitamin D is essential for keeping bones strong – the best source is sunshine. Try going outside without sunscreen for a few minutes around lunchtime every day during summer. Take care not to let your skin redden or burn. Some foods such as oily fish or eggs also provide vitamin D.

## 7 Check for home hazards

Make sure your home is hazard-free and well lit. Organise your things so that you're not at risk of tripping over any wires, clutter or loose or frayed carpets.

## 2 Check your eyes and hearing

Regular sight tests and reporting ear pain or difficulties with hearing can identify problems that could affect your balance and co-ordination. Eye tests are free for everyone over 60 and for any problems with your ears, speak to your GP.

## 4 Visit your GP

If you've had a fall or are worried about falling, tell your GP, even if you feel okay. There could be many reasons and, equally, many ways to help you feel confident again.

## 6 Count your calcium



A balanced diet rich in calcium will also help to keep your bones strong. You can find calcium in milk and dairy foods such as cheese and yoghurt, fortified soya products and canned fish.

## 8 Look after your feet



Problems with your feet, especially anything that causes pain, can affect your balance. Be sure to wear well-fitted shoes and slippers, and report any foot problems to your GP or chiropodist.