



Fall-proof
Strength and balance plan

Able like Mabel.

We have a range of easy to follow exercises that can be done alongside daily routines such as boiling the kettle to increase your strength and balance, keeping you steady, strong and able to get out and about independently.

**Pick up an exercise guide or visit
www.fallproofwest.org.uk to find out more.**



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Steady like Eddie.

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Strong like Ron.

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