



Keeping Active

It's never too late to start!

Regardless of your age, regular physical activity will improve your health, make you feel better, and make it easier to do everyday tasks. There are many immediate and long term health benefits:

- Increased energy levels and muscle strength
- Improved balance and coordination
- Enhanced sense of well being, improved mood and self-esteem
- Reduced risk of suffering from heart disease and diabetes
- Better sleep
- Broadened social networks, leading to new friendships

Tips for Getting Active

- Try to be physically active every day.
- Start exercising slowly and gradually increase the time to around 30 minutes on most days.
- Join a local activity group and enjoy socializing at the same time as exercising.
- Popular choices are:
Walking, Swimming, Dancing, Bowling, Croquet, Tai Chi.

If you have any health concerns, check with your doctor before beginning any exercise programme.

Find out about activity groups in Franklin

- Look on your local library notice board or ask library staff
- Franklin A to Z has listings at the front for local clubs and groups.
- Fitness League exercise group for women of all ages and abilities: Nina North (09) 238 2246
- Tai Chi fall prevention programmes: Tamara Bennett, (09) 235 8648
- Marae based activities with Huakina Development Trust: Livaine Ratu (09) 238 0255
- Franklin Swim Sport & Fitness, (09) 238 5240

Falls Prevention

Falls are the most common cause of injury for older people, but they are not a normal part of ageing. Talk to your doctor about joining one of the falls prevention programmes available in Franklin, designed to maintain and improve mobility, strength and balance.

Tips for Preventing Falls

- Wear well-fitting shoes or slippers
- Reduce clutter at floor level and make sure surfaces are slip-proof
- Take extra care on uneven surfaces and broken footpaths.
- Use a walking stick or frame if you are unsteady
- Have handrails installed in the shower and bathroom
- Ensure lighting is adequate and have regular eye checks.
- Keep active

Discuss any falls with your doctor, especially if you are on 4 or more medicines or have a long term health condition.



For further information contact
Pukekohe Family Health Care
10 West Street Pukekohe
09 237 0280



Dr Sue Kirk

Osteoporosis

Osteoporosis is a disease in which the density and quality of bone are reduced. Bones become weakened and they are more prone to breaking, even with a minor fall or injury.

Are you at risk?

- Have you broken a bone after a minor bump or fall?
- Has a family member been diagnosed with osteoporosis or broken a bone after a minor fall?
- Did you go through early menopause (before 45 years old)?
- Have your periods stopped for 12 months or more (other than for pregnancy or menopause)?
- Have you taken Prednisone tablets for longer than 3 months?
- Do you smoke or have you ever smoked heavily?
- Do you regularly drink more than 2 alcoholic drinks per day?
- Do you have a long term health condition such as rheumatoid arthritis or coeliac disease?

If you answered yes to one or more of these questions, you may be at risk and should discuss this with your doctor. Your doctor will advise whether you should take a bone density test – a simple procedure that takes less than 20 minutes.

ProCARE Upcoming Events

Franklin Positive Ageing

**FRANKLIN
POSITIVE
AGEING
EXPO 2009**



Find out about the clubs, services and activities that Franklin has to offer to seniors

Friday 2nd October, 9:30am to 3:00pm.

Pukekohe Indian Association Community Hall, Ward St, Pukekohe.

Contact: Chris Stabler, Franklin Integration Project.
chrisstabler@ihug.co.nz (09) 235 5208

GOLD GETTING ON LIVING DANGEROUSLY

A free activity event for seniors who want a bit of fun while keeping active.

Friday 16th October, 9:00am to 12:00 noon.

Franklin Sport, Swim and Fitness, 29 Franklin Road, Pukekohe.

Activities include:

- * Indoor bowls
- * Weight training
- * Tai Chi
- * Orienteering
- * Giant word find
- * Movement to music

Contact: Surinder Edwards, Counties Manukau Sport,
surinder@cmsport.co.nz (09) 238 2495, 021 884 355