



## What if I miss a session?

We understand that you may need to miss one or two sessions due to unforeseen circumstances. If you regularly miss sessions we may decide to offer your place to someone else on the waiting list. We will always discuss this with you first.

## What happens when the programme ends?

Evidence shows that to maximise the benefits of exercise you need to keep it up.

At the end of Level 1 we recommend that you attend a Level 2 programme. There is a small charge for these sessions. You will need to make your own transport arrangements.

## Where are the sessions held?

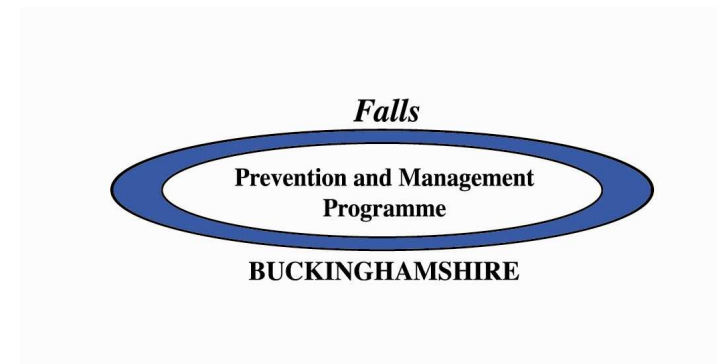
- High Wycombe
- Aylesbury
- Chalfont St Peter
- Chesham
- Princes Risborough
- Buckingham

## How do I contact the team?

Telephone 0844 225 2403

[www.bucksfallsprevention.co.uk](http://www.bucksfallsprevention.co.uk)

Produced February 2009 by Bucks PCTs  
Communications Team  
01494 552214 Ref: 023.2009  
[www.buckspct.nhs.uk](http://www.buckspct.nhs.uk)



**GET FIT  
AVOID FALLS  
Level 1**

**STAY STEADY  
STAY STRONG**

## Why should I attend Get Fit Avoid Falls?

This programme has been proven to improve balance and confidence in carrying out every day activities.

## What do participants say about the programme?

*“I feel much more confident about walking although I still take a stick over rough ground or among other people”*

*“It gave me my confidence back and I have enjoyed the course. Staff were wonderful and caring”*

*“These exercises have been really helpful and will be for my future”*

## How do I sign up for the programme?

You need to contact the team on the telephone number provided. We will then arrange to assess you at home so that we can understand your needs and make sure that the programme is right for you.

## What can I expect?

Sessions are held once a week for 12 weeks. You will take part in gentle exercises which are known to improve strength, balance and flexibility. We will then have a refreshment break and, on most days, an educational speaker will discuss a topic relevant to keeping steady and strong.

## What should I wear?

You should wear clothes that will be comfortable to move around in. Make sure your shoes fit you well and will remain secure on your feet during the exercises.

## What is the cost?

The Level 1 sessions are free of charge. You will also be provided with an exercise booklet and exercise band free of charge.

## How will I get there?

If you cannot drive we will provide you with information about voluntary car schemes, dial-a-ride or taxis which you can use to get to the classes. If you are concerned about the cost of transport please contact us on the telephone number provided.

