## **Exercise tracker...**

MONTH:



Staying active is good for our all-round physical and mental health. Regular light activity and movement throughout your day, coupled with some specific exercises that help to improve strength and balance, can be helpful in preventing falls. Take a look at **www.rospa.com/falls** for some ideas of the type of exercises you could build into your daily routine.

This handy exercise tracker will help you track your daily activity throughout the month and then you can look back at your achievements. Remember to include all your exercise, including activities like walking to the shops, doing the vacuuming and gardening, as well as the suggested strength and balance exercises.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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