

# Active Ageing

Stay strong, stay steady, stay independent.

NHS Aligned HSE Ireland Evidence-Based



## YOUR PERSONALISED EXERCISE PRESCRIPTION · FITT FRAMEWORK · NHS / HSE ALIGNED

<b>F</b>	Frequency	Aerobic: 5 days per week. Strength and balance: at least 2–3 days per week
<b>I</b>	Intensity	Moderate aerobic (you can talk). Strength: work to mild fatigue. Balance: challenging but safe
<b>T</b>	Time	150 minutes aerobic per week. 20–30 min strength/balance sessions. Short 10-min bouts are fine
<b>T</b>	Type	Walking, swimming, Tai Chi, yoga, chair exercises, resistance bands

### Balance & Strength

- › Practise standing on one foot (hold chair)
- › Heel-to-toe walking along a line
- › Sit-to-stand from a chair: 10 reps daily
- › Wall push-ups for upper body strength
- › Tai Chi or yoga classes (many are free)
- › Otago Exercise Programme — ask your GP

### Staying Safe & Motivated

- › Wear supportive, well-fitting shoes
- › Exercise with a friend or in a group
- › Remove trip hazards at home
- › Have your vision and hearing checked regularly
- › Review your medications — some affect balance
- › Even light movement on low-energy days helps

★ Exercise is the most powerful tool to prevent falls and maintain your independence. Balance training can reduce your risk of a fall by over 40%. It's never too late to start.

Otago Programme (free)	Active Retired Ireland	HSE Healthy Ageing	Age & Opportunity Ireland
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### ⚠ WHEN TO CONTACT YOUR GP OR SEEK URGENT HELP

- You have a fall — even if you feel fine, please let your GP know
- New dizziness, unsteadiness, or sudden weakness in legs
- Joint pain that worsens significantly with activity
- Chest pain or breathlessness during gentle exercise

## EXERCISE PRESCRIPTION For completion by prescribing clinician

Date	Patient Name / Addressograph		
Prescriber Signature	IMC / GMC No.		