Can I do the exercises at home on my own?
Yes. You will be given a home exercise sheet mid-way through the course to do on your own at home to encourage maximum benefit from the sessions.

What happens when I finish Steady Steps?
You will be given options on the next stage of the Steady Steps programme (Phase 2). This phase continues to guide you through exercises that will challenge and progress your strength and balance further. There are currently 4 Phases altogether in the programme.

You will also receive information on our SHINE Older Adults exercise programme. SHINE offers lots of different activities in the Wokingham Borough and we will help you to decide which ones are most suitable for you.

We look forward to welcoming you to Steady Steps!

Contact Us
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Email: steady.steps@wokingham.gov.uk

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Steady Steps is a specialist falls prevention exercise programme for people aged 60+ and over who have fallen or are at risk of falling.

The specialist exercise sessions are designed to improve:

- Muscle Strength
- Balance
- Flexibility
- Co-ordination
- Confidence

Falls are the principle cause of injury that lead to hospital admissions and fatalities for the over 65’s. However, regular participation in physical activity helps to reduce the risk of falls, a sedentary lifestyle and promote good bone health.

**What happens at the sessions?**

**WARM UP**
Loosen joints and prepare the muscles
Stretch muscles to improve range of movement

**BALANCE & COORDINATION SECTION**
Exercises to work on coordination, reactions, balance and getting up from and into a chair

**STRENGTHENING SECTION**
Focus on strengthening the legs, arms, back and ankles

**COOL DOWN**
Stretches across all joints
Tai Chi which is a slow controlled form of exercise which is proven to improve your balance and posture

The range of abilities in the class may vary considerably, so everyone is encouraged to work at their own level and pace.

**How do I join Steady Steps?**
Steady Steps is a GP referral programme. It is essential that you are safe to exercise so your GP is the best person to complete the referral form for you. Once the Steady Steps coordinator has received your information, you will be contacted with information on the sessions.

Unfortunately we are unable to provide any transport to these sessions. However, we do provide transport advice.

**What do I need for the session?**
Please wear sensible loose clothing and flat non-slip soft soled shoes. Do not wear too many layers of clothing as you may get warm whilst exercising and too many clothes will restrict your movements. We recommend you also bring along a small bottle of water.

**What does it cost?**
£3.60 per class, paid termly in advance on the 1st session. For example, if the term is over 10 weeks it will cost £36.

**How long do the sessions last?**
There is a one hour session each week per term. We understand that this is a long period of time to keep your diary free and that personal appointments may already be booked.

However we do encourage you to attend as many of the sessions as possible to ensure that you gain the most from the programme.