



Strength and Balance programme

Do you feel unsteady on your feet?

Are you worried about falling?

Would you like to improve your mobility and balance?

The Fitter Futures Strength and Balance programme is tailored for anyone worried about falling and beginning to struggle with day to day movement.

The programme is delivered by Level 4 Postural Stability Instructors and is designed to improve strength, balance and mobility, helping you to carry on doing the things you enjoy and stay independent.



Eligibility

The programme is available for people who have not fallen within the last 12 months but have a high fear or risk of doing so or have concerns about their mobility, balance and strength.

To be eligible you must be registered with a Warwickshire GP. The programme will take place in selected leisure centres across Warwickshire.



Associated cost

Differs per leisure centre.