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'Stay Stronger for Longer' highlights how strength and balance exercises help lots of people to keep doing the things they enjoy - for longer.

There are several ways you can improve your strength and balance:

- Attend a fun and sociable strength and balance exercise class. [Find Stay Stronger for Longer courses near you](https://www.cambridgeshire.net/search/Results.aspx?searchText=stronger+for+longer&searchType=Event,Activity,Organisation,Course,News) (<https://www.cambridgeshire.net/search/Results.aspx?searchText=stronger+for+longer&searchType=Event,Activity,Organisation,Course,News>). If you would like to speak to somebody about a strength and balance class and live in Huntingdonshire, contact [One Leisure](http://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/rightstart/) (<http://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/rightstart/>) on 01480 388111 or anywhere else in the rest of Cambridgeshire, contact [Forever Active](http://www.forever-active.org.uk/) (<http://www.forever-active.org.uk/>) on 07432480105
- Watch the [videos](#) and / or download and read the [Strength and Balance Home Exercise programme booklet](#) to complete the exercise programme in the comfort of your own home. Please read our [safety checks](#) prior to proceeding with the home based programme.
- Download the ['Super Six' exercise leaflet](#) and try and do the simple six exercises as often as you can. Alternatively, hard copies are available on request - email [\[email protected\]](#) or telephone 01480 376682.

You can do a combination of any of these at least twice a week, the more the better.

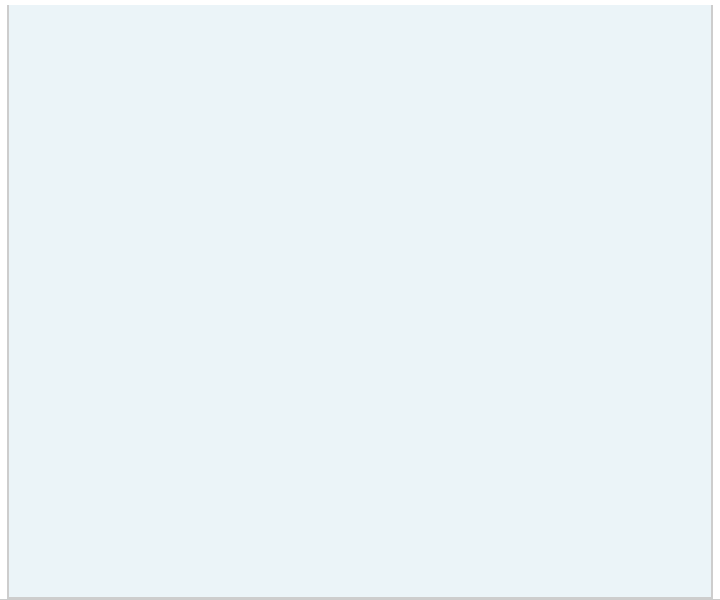
*I do feel stronger and much more able to do things I couldn't two years ago.*

Margaret Smith  
Brampton Memorial Hall strength and balance class  
Cambridge

Falls are not an inevitable part of getting older. Strength and balance exercises at least twice a week can reduce your risk of falls and keep you fit, active and independent in later life.

## Why Strength and Balance

But don't take our word for it. **Watch** this short video to hear from those who have benefited from doing strength and balance exercises, and then **take the strength and balance challenge below** to see if your balance and muscle strength has lessened over the years without you noticing.



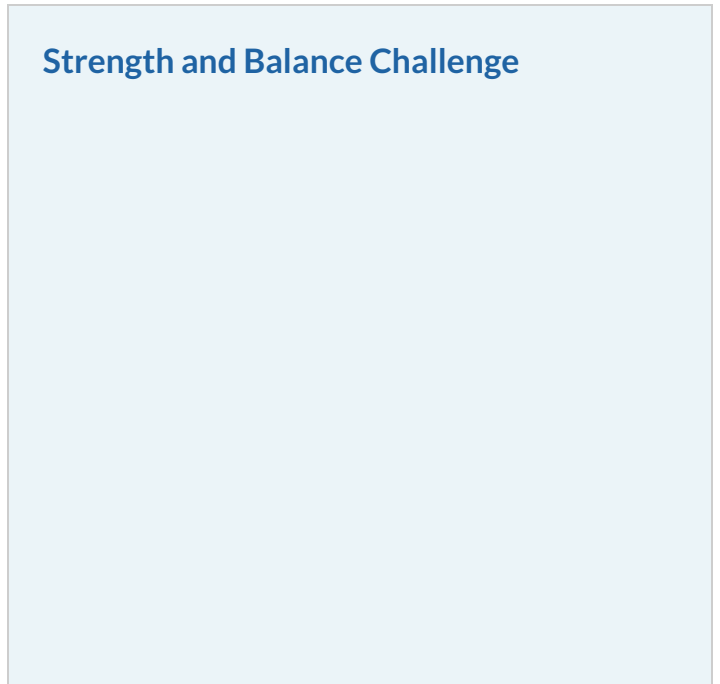
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## Strength and balance challenge

**Watch** this two minute video and take our strength and balance challenge to find out how you compare with people your age.

Ways to improve your strength and balance can be found **below**.

### Strength and Balance Challenge



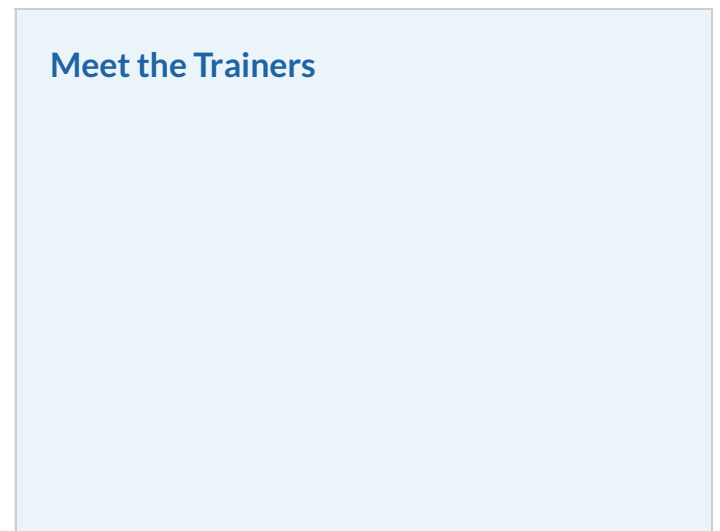
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## What to expect from a class?

If you are interested in attending a class and are wondering what it involves, watch the:

- Meet the Trainers video - and meet those who will help you improve your health and reduce your chance of falls.
- Strength and balance class video - this fun one minute video will help to show what a Level 4 class

### Meet the Trainers



looks like.

If you would like to speak to somebody about a class and live in:

- Huntingdonshire - contact [One Leisure](http://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/rightstart/) (<http://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/rightstart/>) on 01480 388111
- Anywhere else in the rest of Cambridgeshire - contact [Forever Active](http://www.forever-active.org.uk/) (<http://www.forever-active.org.uk/>) on 07432480105

## Strength and Balance Class

## Home Based Exercise Programme

The following four videos include strength and balance exercises for all ages and abilities.

Starting with the introductory video, please watch the subsequent videos, ensuring you complete the exercises safely and at your own pace. Please refer to our [safety checks](#) prior to proceeding with your home based programme.

This video was produced by The Forever Active Team.

### Video 1: Introduction

### Video 2

### Video 3

### Video 4

## Worried about falling?

If you are aged 65 years and over and have had a fall in the last year and would like further advice about what you can do to reduce your chances of falling in future, contact Everyone Health on 0333 005 0093.

Alternatively, visit the Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) [Falls prevention web page](http://www.cpft.nhs.uk/falls.htm) (<http://www.cpft.nhs.uk/falls.htm>).

## Our resources



**Super Six Exercises** (<https://ccc-live.storage.googleapis.com/upload/www.cambridgeshire.gov.uk/well/your-health-and-wellbeing/Super%20Six%20Exercises.pdf?inline=true>)

Includes challenges to test your strength and balance, and six key exercises to reduce the risk of falls



**Home Exercise Programme** (<https://ccc-live.storage.googleapis.com/upload/www.cambridgeshire.gov.uk/well/your-health-and-wellbeing/Home%20Exercise%20Programme.pdf?inline=true>)

An in-depth guide with detailed instructions on a range of exercises you can do at home

Size: **2.59 MB** File format: **pdf**

Size: **746.93 KB** File format: **pdf**

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## Safety check

If you wish to complete the home based programme, please adhere to the following safety measures:

- Use a sturdy and stable chair for support.
- If you are feeling quite unsteady, use a fixed object such as a kitchen work surface or dining table.
- Wear supportive shoes and comfortable clothes.
- If any exercise causes pain in your joints or muscles stop, check you are doing it correctly and try it again.
- Feeling your muscles work or a slight muscle soreness the next day is normal.
- If pain persists, seek advice from a physiotherapist.
- If you experience chest pain, shortness of breath or dizziness STOP IMMEDIATELY and contact your GP or call 111 if your GP practice is closed.
- Try not to hold your breath – breath normally throughout.