

## How to take a balanced approach to your longevity

Balance has a few meanings. Let's firstly follow the meaning 'steadiness'.

Lack of physical steadiness leads to falls. About one in three people over 65 will have a fall over the next year.

According to **NeuRA** (Neuroscience Research Australia), falls and fall-related injuries are one of the most common causes of ill health and morbidity in older adults and lead to functional impairment, disability, lower quality of life, and fractures. The cost to the Australian economy is greater than any other injury including car crashes.

One response lies in balance training, which is one of the four basic exercise requirements along with flexibility, strength and stamina. A balance between these four elements is typically part of a traditional pilates participation program, often provided by progressive physiotherapy practices.

### Engaging with balance training

The aim of balance training is to improve posture, prevent injury or to support rehabilitation.

As well as reducing the risk of falls, improved balance can improve the activities of daily living and participation in leisure-time activities. It makes sense to incorporate balance exercises into the physical activity programs of all older adults.

**Neura** provide online a short series of 5 simple exercises that can be done at home. They are a good start to managing your balance. You can access a video to practice the exercises just at home [here](#).

### Standing Tall

**Neura** have developed another online service called **Standing Tall** which goes to a higher level in informing and encouraging older people to engage in a more structured exercise program.

**Standing Tall** puts exercising into context as an important framework for healthy ageing. It provides detailed information on many aspects of ageing and their impact on falling.

The program is provided online only. It is a valuable resource even if you only use it to improve your knowledge about ageing. Even better if you can incorporate much of it into your normal activities.

It is an excellent presentation of the need for active physical balance management. You can make your own assessment [here](#).

### Balance in your approach to longevity

We have moved along from our definition of balance as steadiness. Balance can also mean weighing up different options.

It's clear from many studies (like **Standing Tall**) that to be successful in managing our longevity requires us to firstly learn about and review different alternatives.

Then we can make informed choices about what we will do to have a balanced approach to achieve the best for the rest of [our](#) life.

The **SHAPE Analyser** takes a balanced approach to weigh up five important longevity influences. It provides a suggested time frame for planning your future, based on your own inputs.

The **Longevity Plan** builds on this to provide you with a balanced framework for taking more control over the rest of your life.

### Not yet a subscriber?

Our **Longevity Plan** helps you take control of your longevity. You can access your own plan starting [here](#):

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