

[Home](#) > [Be Well](#) > [Your health and wellbeing](#) > Stay stronger for longer

'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](#). 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/>) on 01480 388111 or anywhere else in the rest of Cambridgeshire, contact [Forever Active](#) (<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.
- Book in for a Stronger for Longer MOT. An informal conversation with a friendly, qualified fitness instructor to help you learn about your level of fitness to do everyday activities. You will be asked to do some quick and easy exercises which can be used to compare your level of fitness with people of a similar age. The results can be used to discuss how the different elements of fitness can improve your health and well-being and why strength, balance and coordination are important for independent living, mobility and to be able to continue to do the things you enjoy. Find your free [Stay Stronger for Longer MOT](#) near you.

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

Strength and Balance Exercise Classes

To find a strength and balance class near you, please download our strength and balance classes list for classes



[Strength and balance class list CP Oct 19 \(https://ccc-live.storage.googleapis.com/upload/www.cambridgeshire.gov.uk/be-wel-health-and-wellbeing/Strength%20and%20balance%20class%20list%20CP%20Oct%2019.pdf\)](https://ccc-live.storage.googleapis.com/upload/www.cambridgeshire.gov.uk/be-wel-health-and-wellbeing/Strength%20and%20balance%20class%20list%20CP%20Oct%2019.pdf)
Size: 523.77 KB File format: pdf

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.

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.

Why Strength and Balance

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

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.

Meet the Trainers

- Strength and balance class video - this fun one minute video will help to show what a Level 4 class 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

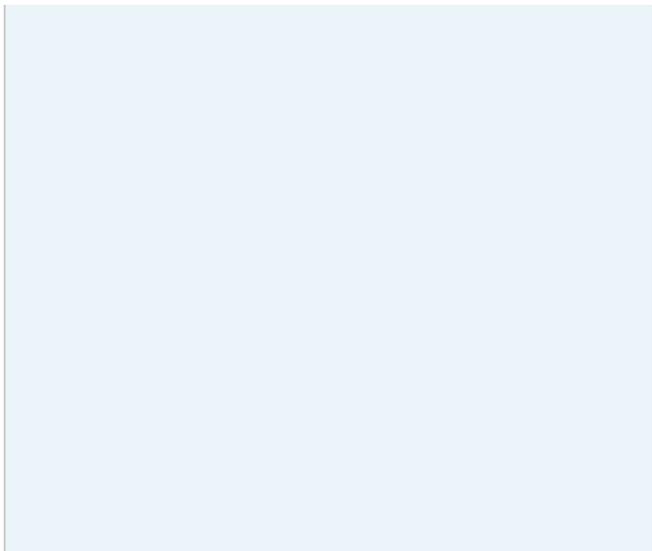
Home Based Exercise Programme

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

Starting with video 2, 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.

Video 2

These videos were produced by the Forever Active Team



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

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



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

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 – breathe normally throughout.