

Health & Lifestyle Checklist

Maintaining an active and healthy lifestyle can keep you in good health as you get older. It is important to optimally manage any chronic health conditions (with assistance from your health care providers as needed).



Managing health and lifestyle factors can help prevent falls.

If you answer **Yes** to most of these questions, then you are doing well.

If you answer **No** or **Not always** to more than one of the questions, then you may be at risk of a fall. You can take this checklist to your next appointment with a health professional.

	Yes	Not Always	No
Staying Active			
Do you engage in physical activity (e.g. walking, swimming or group exercise) for 30 minutes or more, most days of the week?			
Do you include balance exercises such as dancing, Tai Chi or yoga into your exercise regime? Or do you follow an exercise session provided by a health professional or fitness instructor that includes balance?			
Calcium, vitamin D & water			
Do you eat 3 healthy meals per day?			
Do you eat at least 3-4 serves of high calcium foods (milk, yoghurt, cheese, almonds or salmon) per day?			
Do you spend a little bit of time in the sun? (6-8 minutes, 4-6 times per week, is plenty.)			
Do you drink 4-6 glasses of water (or other fluids) per day?			

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	Yes	Not Always	No
Getting out and about			
Can you get out of a chair easily?			
Is it easy for you to maintain your balance when walking?			
Managing health conditions			
Does your current health allow you to confidently manage all your normal activities?			
Can you stand up and move around without feeling light-headed, dizzy or faint?			
Do you have good control of your bladder and bowel so that you can get to the toilet without rushing?			
General health: Eyesight, feet, medicines and falls			
Have you had your eyes examined in the last 12 months?			
Have you had your feet checked by a podiatrist for corns, bunions or other foot problems that may cause pain and affect your balance?			
Have you had your medications reviewed by your doctor in the last 12 months?			
Have you stayed on your feet (been free of falls) for at least the last 6 months?			

Source: https://www.activeandhealthy.nsw.gov.au/assets/pdf/stayactive_web_final.pdf