

2020

Frail to Fit Program



Frail to Fit is a supervised falls prevention program for older adults who are not able to attend a more strenuous community-based program.



www.nshealth.ca

What does the Frail to Fit program include?

- The program is held for 1 hour twice a week, for 8 weeks.
- There are 4 to 6 people in each class.
- All exercises are supervised by the instructor.
- The instructor is a physiotherapist with experience in caring for older adults.
- Exercises focus on improving strength, balance, and endurance.
- You will spend time walking.
- Walking aids will be provided, if needed.
- You can rest, as needed.

Is this program right for me?


This program may be right for you if you:

- may be at a risk for falls or have had falls.
- need to improve your strength and balance.
- are able to follow the exercise instructions.
- are motivated and committed to doing the whole program.



How will this program help me?

The Frail to Fit program can help you to:

- increase your strength.
 - improve your balance.
 - improve your ability to do daily activities.
 - lower your risk of falling.
 - increase your energy.
 - improve your mood.
 - meet and socialize with new people.
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How do I register for the program?

You will need a referral from your primary health care provider.

- Ask your primary health care provider to send a referral to the Seniors' Community Health Team (SCHT) (see address on back cover).
- The SCHT physiotherapist will contact you to set up an assessment.



Contact

Seniors' Community Health Team
14 High Street
Lunenburg, NS
B0J 2C0

Phone: 902-634-7015

Fax: 902-634-7126

Looking for more health information?

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free,
and scent-free environment.*

Please do not use perfumed products. Thank you!

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The information in this pamphlet is to be updated every 3 years or as needed.