

StandingTall

About StandingTall

StandingTall is a home-based balance exercise program to help improve your balance. The balance exercises are tailored to match your specific needs and ability. You will be guided through each exercise with safety advice, an instructional video, and a quick refresh information sheet. The exercises will also progress to ensure they remain challenging. The program will track your performance over time to help you stay motivated.

What does it involve?

The *StandingTall* program recommends 2 hours of balance exercises per week for at least 6 months, because this is what research has shown is required to help prevent falls. Initially, the program will recommend you to start with 40 minutes per week and increase each fortnight until you reach 120 minutes.

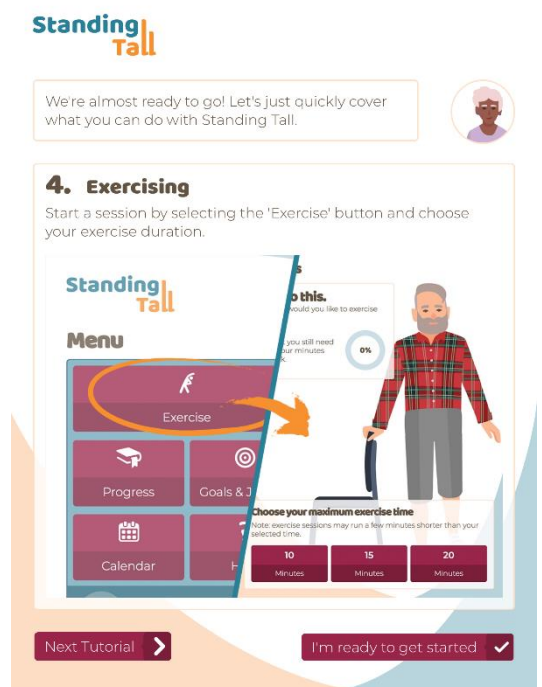
With *StandingTall*, you get to decide when and for how long you exercise in each session. For example, during the first week, you could divide your 40 minutes of exercise into 4 days, and exercise for 10 minutes per day; or you could do 2 x 20 minute sessions over 2 days.

You can use the program by yourself in your own home without the need for assistance from a health professional. You can exercise as often as you like. If you want to exercise for longer than our recommendations, feel free to do so. However, make sure you pace yourself and take a break if you are feeling tired.

Who can use it?

The *StandingTall* program is for anyone who wants to improve their balance and reduce their risk of falling. *StandingTall* is recommended for people aged 60 year or over, who can walk within their own home without the use of a walking aid.

The *StandingTall* program is tailored to your abilities. If you use a walking aid when you go outside, the program will make sure the exercises start easy and only get more challenging when you are ready. If you are still very active and would like to maintain your balance, then the exercises will be progressed to a harder level to make sure it is challenging for you. The exercises are tailored to your ability based on regular balance assessments and how difficult you rate each exercise at completion.



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If you have a medical condition that makes it unsafe to participate in an unsupervised program, please talk to your doctor or health professional before starting.

How does it work?

We know that specific balance and strength exercises for 2 to 3 hours per week can reduce falls risk in older people. We also know that the national physical activity guidelines recommend at least 150 minutes of moderate intensity physical activity per week. The *StandingTall* program provides tailored balance exercises that are challenging and can be done in your own home, at your own pace and when you can fit it in. The aim is to exercise using the *StandingTall* program for 6 months - gradually building from 40 minutes to 2 hours per week - which is a great way to safely increase overall activity levels.



Features of *StandingTall*:

- It has a variety of balance exercises tailored to your ability
- A calendar where you can schedule your exercise sessions
- It keeps a record of your training so that you can track your progress
- It has a goal setting feature to keep you motivated

Please note: We are still in a research trial phase

The *StandingTall* program is not yet available to the public. If you live in one of our trial regions, please get in touch (standingtaller@neura.edu.au):

- Sydney, Australia
- Melbourne, Australia
- Hobart, Australia
- Mid North Coast, Australia
- Northern New South Wales, Australia
- Manchester, United Kingdom
- Selected cities in Northern England, United Kingdom

