



Healthy You

# FaME

Falls Management Exercise Programme



## The FaME programme:

### What is it and how will it help me in my day to day life?



Funded by Cambridgeshire County Council and Peterborough City Council

FaME is the name of an exercise programme that has been shown to improve strength, stability and confidence in balance. It is a national programme, delivered locally by specialist qualified exercise instructors who understand the age-related changes that happen in the body and the medical concerns that you may have. The exercises are specifically developed to help keep you strong, steady and doing the things you enjoy for longer.

The small group exercise classes are designed to improve your physical fitness, strength and balance. The instructors will ask you about your daily living movements and what you would like to improve, or are having difficulty with, so they know what's important to you. The classes are a great way to meet other people, receive support and build motivation.

# The FaME Programme



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## What have people said about the classes?

"I couldn't believe where I have come from, from where I started, the confidence it gave me"

"I feel that FaME is pushing me, before I went to FaME I couldn't do a lot of the things I can do now"

## What should I expect when I attend?

The weekly classes are usually held in community venues like church halls, community centres or leisure centres and have a maximum of 15 people. You should just wear ordinary, comfortable clothes and flat shoes. You don't need to wear sports clothing unless you want to. Before your first session, you will have had a one-to-one session with the instructor to find out about your health and medications. You will do some simple functional tests to see your starting point for the exercises. Most importantly they will ask you about the daily living movements that you would like to improve, or are having difficulty with, so they know what's important to you.

You will use some equipment, like resistance bands or weights to work your muscles which will improve your muscle strength over time. Some exercises are seated but as time passes more will be done standing. The instructor will work with you through the stages of confidently getting up from the floor.

The classes have a social element at the end where people can get to know each other and have a chat, but you don't have to stay for these if you prefer not to.

After the first couple of sessions you will also be given exercises to do at home. These home exercises will be the same as ones you have done in the class and when done regularly you will feel the benefits much more quickly.

Towards the end of the programme (6 months) your instructor will talk to you about how to stay active, as we know that if you stop exercising you will start to lose the strength and balance you have gained.



## What next?

If you have fallen or become unsteady over the last year, call us on **0333 005 0093**

Or for more information

**Text: HEALTHYU to 60777**

**Email: [healthyyou@everyonehealth.co.uk](mailto:healthyyou@everyonehealth.co.uk) or visit [www.healthyyou.org.uk](http://www.healthyyou.org.uk)**