

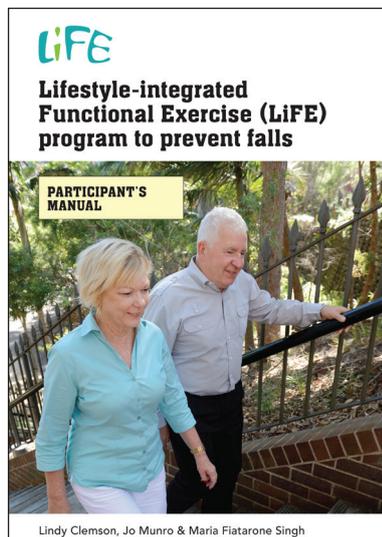


SYDNEY UNIVERSITY PRESS

Lifestyle-integrated Functional Exercise (LiFE) program to prevent falls

Lindy Clemson, Jo Munro & Maria Fiatarone Singh

LiFE is an individual program of activities embedded into daily routine and tasks. In a randomised control trial published in the *British Medical Journal* in 2012, the risk of falls in older people was reduced by one third, the ability to do everyday tasks was improved and physical activity levels increased. LiFE is a different approach to a traditional exercise program. In the LiFE program, unloading the dishwasher can become an opportunity to improve strength. Brushing your teeth can be a chance to improve balance. Your home or your garden can be your 'gym.' LiFE activities are tailored to individual lifestyles. The LiFE manuals will introduce you to the key elements of LiFE, the underpinning concepts of embedding LiFE activities in daily routines and strategies for changing habits.



Participant's manual

ISBN: 9781743324004

RRP: \$25.00

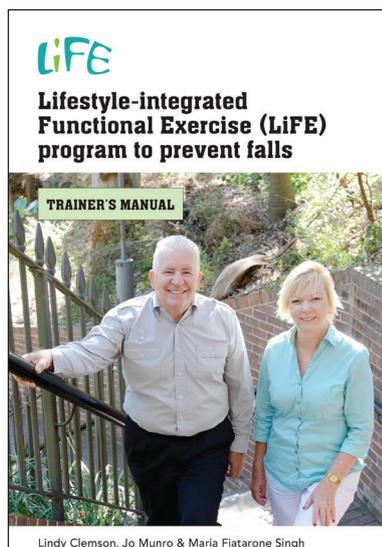
The participant's manual provides detailed descriptions of the strength and balance activities and outlines the principles of LiFE. It shows how the activities can be incorporated into an everyday routine and includes several stories of successful participants.

About the authors

Lindy Clemson is professor of occupational therapy and ageing and co-director of the Ageing, Work & Health Research Unit at the Faculty of Health Sciences, University of Sydney.

Jo Munro is a physiotherapist with a Master's degree in Health Science Education. She has been involved in the LiFE project since its inception and currently offers training and coaching.

Maria Fiatarone Singh is a geriatrician and professor in Exercise and Sport Science at the University of Sydney.



Trainer's manual

ISBN: 9781743320372

RRP: \$25.00

The trainer's manual presents the conceptual underpinning of the LiFE program and provides a step-by-step guide for therapists and trainers to implement LiFE with their clients.

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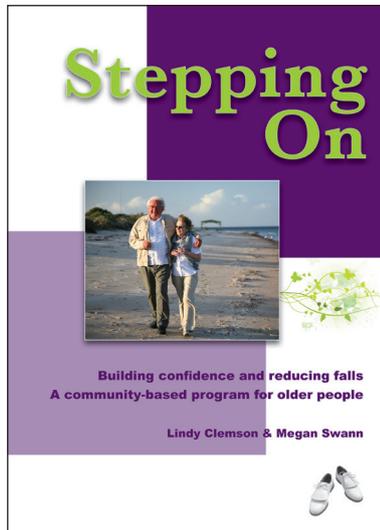
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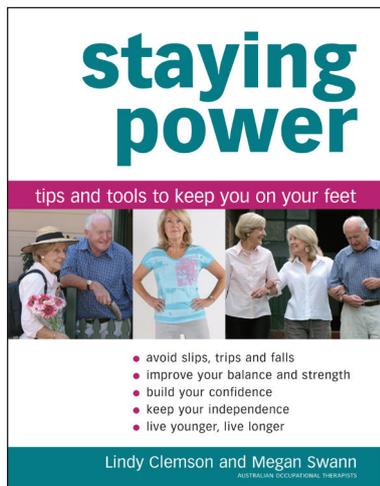
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