

# Move It May activity ideas when with consumers

Move It May aims to help consumers move more to reduce their likelihood of falls.

Below are some activity ideas to do on your ward or at your Residential Aged Care Home that encourage consumers to move more and be active.

Please ensure that any exercise or activity is within the consumer's ability.

- strengthening exercises
- yoga or tai chi
- walking
- hydrotherapy
- colouring-in activities and puzzles
- breakfast buffet for consumers
- organising a picnic lunch
- lap of the ward with activity stations
- group activities
- visual display for consumers and visitors.



You can also encourage family, friends and carers to take part!

For more information and to get involved, see the Move It May health professional pack or email Health Networks at

[healthpolicy@health.wa.gov.au](mailto:healthpolicy@health.wa.gov.au).