

FaME

Falls Management Exercise



The FaME programme: What is it and why will it help me feel strong and stable?

What is FaME?

FaME is the name of an exercise programme that has been shown to improve strength, stability and confidence in balance. The programme is delivered across the UK and funded locally because of its success. It's delivered 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 small group exercise classes are designed to improve your physical fitness, strength and balance. The exercises within the class are progressed slowly according to your abilities and within the same group people normally progress at different rates. The exercises are specifically developed to help you feel steadier on your feet and improve your confidence in getting around on your own. The classes are also great social events!

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 so probably I’ll be pushed further, who knows?”

What should I expect when I attend?

The once a week classes are usually held in community venues like church halls, community centres or leisure centres and have a maximum of 14 people. You should just wear ordinary, comfortable clothes and flat shoes when you attend. You don’t need to wear sports clothing unless you want to. During your first session the instructor will ask you to fill in some questionnaires about your health and medications and 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 ensure your muscles work and there is a change in your strength over time. Some exercises are seated in the early weeks, but more will be

done in standing over time. If needed, the instructor will work with you through the stages of safely getting onto the floor and back up.

The classes normally 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. You are welcome to bring along someone, but they may not be able to participate in the class itself unless they are also enrolled in the classes.

After the first couple of sessions you will also be given exercises to do at home, in between the weekly sessions. 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 keep active afterwards as we know that if you stop exercising you will start to lose the strength and balance you gained in the programme. There may be a small fee for attending the classes.

What Next?

For more information contact your GP and/or Council leisure services and ask if there is a local FaME class (or sometimes called a Postural Stability Class/PSI class/Stay Strong & Steady) locally that you can attend.