

GOLDSTER★

FALL PREVENTION





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FALL PREVENTION

ITS THE LITTLE THINGS THAT MATTER

After the age of 50, our bodies stop performing as well as they did in our 30s and 40s.

As we age, our bodies experience a natural decrease in muscle mass, power, stability, and speed.

Most falls do not result in serious injury. But there's always a risk that a fall could lead to broken bones, and it can cause the person to lose confidence, become withdrawn, and feel as if they have lost their independence.



BUILDING CONFIDENCE FOR DAILY LIFE

We'll build confidence by understanding the way we move, breaking it down into smaller parts, performing it regularly and building healthy habits.

Not getting enough physical activity can lead to a preventable fall - even for people who have no other risk factors.

It can also increase the likelihood of another fall, which could result in hip fractures, head injuries, significant change in functional status or loss of life

"Nothing happens until something moves" - Einstein

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

The Goldster Fall Prevention course is a curation of physical workout classes for muscle-strengthening and improved mobility and balance. Maintaining these key elements enables us to reduce preventable falls that can impact our quality of life.

Together, we'll focus on improving how you feel when moving throughout your day-to-day life and activities. The course will take people through a selection of different skills proven by research and, as you will see, relevant in everyday life.

The idea is not only to develop these skills but build self-efficacy and the understanding that we are much more capable of doing things than we give ourselves credit for.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Intro to movement

The first week is about the basics of movement and the planes of motion. We will cover injury and pain, the process and biomechanics, motor-skills learning and setting some basic movement assessments.

Week 2 -Ups and downs

This week is based on skill development of getting from low to high, such as getting in and out of a chair or into low cupboards. Through variations, we will cover the many different ways in which we can develop a particular movement.

Week 3 - Reach for the biscuit tin

We will focus on reaching for objects similar to picking up objects in daily life. Quite a stretchy session spending time in end range.

Week 4 - Life's about balance

This session is dedicated to the different types of balance including static, dynamic and reactive balance. Again through a range of fun and varying exercises we will look at ways to help improve your balance.

Week 5 - Getting from A to B

This week will be spent developing agility to help you feel more comfortable on your feet. Focussing on change direction and walking variations.

Week 6 - Bringing it all together

Taking all the skills that we have developed during the course and putting them into a fun session to demonstrate how far you've come.

YOUR JOURNEY

WEEKLY COURSE

1

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



James Hilton

Personal Trainer and Programme Coach

Expertise: functional movement and injury recovery

James is a hugely popular Personal Trainer based in Gloucestershire. He prides himself on helping people understand their individual goals relating to everyday tasks and activities. He then works meticulously to help them overcome the hurdles that stand in their way in order to get them where they want to be.

YOUR NOTES

WEEK 1

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WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6



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