

# The BOOST Course

## (Balance and Other Opportunities for Stability Training) Integrated Falls and Bone Health Service

This leaflet explains more about the BOOST Course. If you have any further questions, please speak to a member of the Integrated Falls and Bone Health Team on 020 8812 4079.

### What is the BOOST Course?

BOOST is an eight week course run by a team of instructors including physiotherapists and qualified exercise professionals. Each session consists of a warm-up, strength and power training, balance training and a cool down.

Attending the BOOST Course regularly for one hour each week can help to:

- Improve your strength and power.
- Improve your balance and confidence.
- Reduce your risk and fear of falling.

Things to consider:

- Please exercise at a level which feels right for you.
- When starting any new exercise it is normal that you may feel some muscle and joint soreness after the class. Please call us if you are concerned or have any questions.
- The good news is that, over time, attending this type of exercise class in conjunction with your home exercise programme is likely to make you stronger and **more** stable thus reducing the risk of falling. However, if you fall either during a class or at home we will support you to reduce the likelihood of that happening again.

### Who can attend the BOOST Course?

Anyone can attend who has been assessed and referred by a physiotherapist within the Integrated Falls and Bone Health service.

### How many classes will I attend?

- The minimum course length is eight weeks. However, the number of sessions can vary depending on your individual needs. This will be discussed with you during the course by the instructors.
- When you have finished the course, you will be given details of other opportunities in the community to help you stay active and independent.

### Where do I need to go?

Along with this leaflet is an invitation letter to the course with details of where and when to go.

### Does it cost anything?

There is no cost for the course.

### What do I need to do when attending the course?

- Wear clothes that are easy to move in.

- Wear suitable supportive footwear.
- Please make sure you have had something to eat before you attend the classes.
- Bring water with you and drink plenty of water before, during and after the class.
- Please make sure you have taken your medications before attending the classes.
- Bring your inhaler or GTN spray if needed.
- If you are diabetic, please bring a snack.
- Please wear your hearing aid if you have one.
- Let us know if you feel you are not exercising at a level that is right for you.
- You **must let us know if you experience a fall or have any new medical problems** since you last saw a member of our team. This is so that the instructors can ensure you are safe to exercise.

## Useful sources of information

Age UK: [www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig14\\_staying\\_steady\\_inf.pdf](http://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig14_staying_steady_inf.pdf)

Saga: [www.saga.co.uk/magazine/health-wellbeing/wellbeing/falls-guide](http://www.saga.co.uk/magazine/health-wellbeing/wellbeing/falls-guide)

## Contact us

If you have any questions or concerns about the BOOST course or are unable to attend, please contact the Integrated Falls and Bone Health team on **020 8812 4079** (Monday to Friday, 8.30am to 5pm). Out of hours, please contact us and leave a message.

\*Classes will only be cancelled by us in the event of unexpected staff absence or adverse weather conditions. We will endeavour to inform you of any cancellations promptly\*

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

