

## Exercise prevents falls in older people – but will any type of exercise do?

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### References

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#### Related NICE guidance:

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National Institute for Health and Care Excellence. *NICE impact: falls and fragility fractures. How NICE recommendations are helping to improve outcomes for people at risk of falls and fragility fractures*. London: National Institute for Health and Care Excellence; 2018. Available from: <https://www.nice.org.uk/media/default/about/what-we-do/into-practice/measuring-uptake/nice-impact-falls-and-fragility-fractures.pdf>