

# Nau mai, haere mai

Te Whatu Ora  
Health New Zealand  
Hauora a Toi Bay of Plenty

# LIFECURVE™

- ✓ LifeCurve™ is a free tool that can help you age better
- ✓ Learn about healthy ageing
- ✓ Receive personalised advice and find useful resources



## Quick Guide

1. Download the LifeCurve™ app or use the website [www.lifecurve.co.nz](http://www.lifecurve.co.nz)



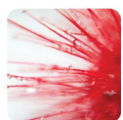
2. Create an account

Don't have an account yet?

Sign up with your email or phone number.

Sign Up

3. Take the LifeCurve™ quiz



Welcome back, Thomas

Your LifeCurve goal:  
Not Started

Take the LifeCurve™ Quiz

4. Choose a goal that matters to you

Improve my strength and balance

Manage the steps into and out of my house more easily



5. Find exercises and advice to help you age better

Lunge forwards, backwards and ...

Lunge forwards, backwards and sideways  
Several times a week: 6-8 lunges



Walking safely and balance

'There is always something you can do to improve your ability to move'  
'Joints and muscles were designed to move'

Even if you have difficulty with moving, walking or your balance, in the majority of cases the 'right kind' of movement, activity and exercise can improve the way our muscles perform for us - **if we choose to!**

It is possible to improve our movement, the strength in our legs for walking, and get the most out of life, even when our balance is challenged (i.e. from uneven pavements, stairs, carpets and cats!).

## Hints and tips

1. Return to the home page at any time by tapping on the menu button, then choose 'My Profile'
2. Repeat the LifeCurve™ quiz at any time by tapping on 'Update goal'

