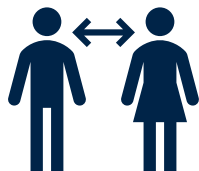




**Tele**health for **F**alls and **F**racture  
Prevention **I**mplementation Trial



**Dr Jenny Gianoudis**

speaking with

**Professor Robin Daly**

Client Instruction Video



**An Introduction to TeleFFiT Falls  
and Fracture Prevention Program**

# Aims of *TeleFFiT*



Informed by over 25 years of research

**TeleFFiT** is a world-first research initiative designed to evaluate the safety and effectiveness of a personalised, telehealth-based exercise and lifestyle management program for improving musculoskeletal health and function in older adults who have osteoporosis, are at increased risk of falls or fracture or who are concerned about their mobility.



BUILDING  
A HEALTHY  
AUSTRALIA





## **Common Barriers** *to Participation*



- ✘ Affordability and access
- ✘ Lack of appropriate support | guidance
- ✘ Access to qualified health professionals
- ✘ Fear of injury
- ✘ Programs that meet needs or preferences



## Key Features



Designed for  
adults aged 60+



Dietary support  
from a dietitian



Tailored home  
exercise program



Personalised  
health coaching



Easy-to-use exercise  
app with videos



Access to educational  
material online



Track exercise  
progress and gains  
over time



Personalised health  
tips via text message



## KEY EXERCISE COMPONENTS

### Duration

~30 minute per session, 3 d/week

+

~3-5 minute daily activity snacks



Exercise to optimize bone and muscle strength



Exercise to improve mobility and reduce falls risk



Exercise to improve posture and protect the spine

+



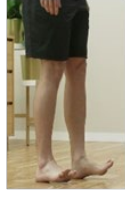
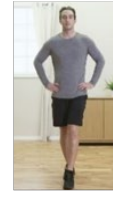
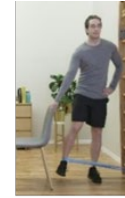
Daily weight-bearing “activity snacks” to load bones



## KEY EXERCISE COMPONENTS

### Supervision

All exercise programs are prescribed and remotely monitored by qualified exercise physiologists. You will receive 10 one-on-one online consultations during the study.

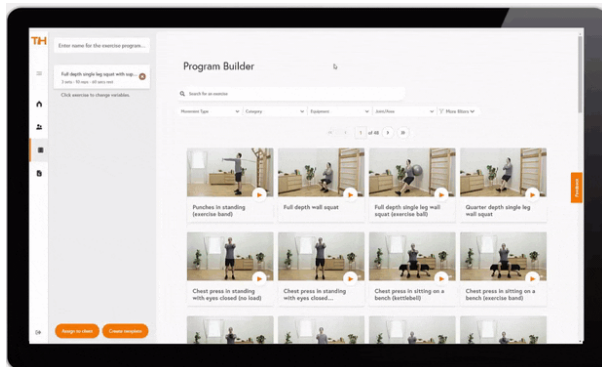


Narrated videos of all exercise prescribed via the TeleHab app

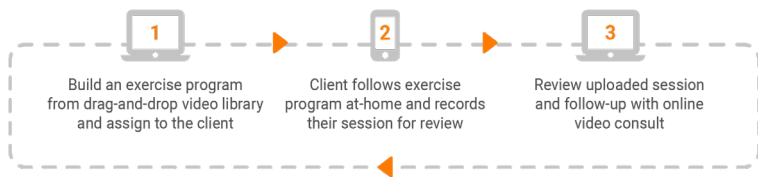


# TELEHAB

## EXERCISE PRESCRIPTION APP



Online TeleHab Platform

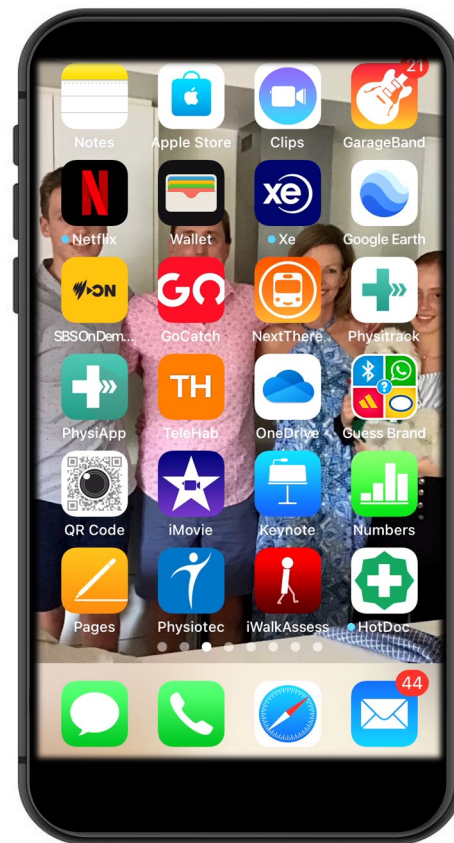


VALD HEALTH

Client download  
TeleHab exercise app



Client receives email  
that they have been  
assigned an exercise  
program from TeleHab



Client TeleHab exercise app



The main objectives of the **dietitian consultations** are to review clients' current dietary habits to help establish healthy 'bone and muscle-specific' eating behaviours.



## Dietitian Consultations



The focus will be on optimising the intake (serves of food) that are rich in calcium, vitamin D and protein and the intake of fruits and vegetables.



## Health 'Text' Messages

You will receive **regular text (SMS) messages** to support initiation and ongoing participation in the TeleFFIT home-based exercise program and to improve self-management behaviours related to optimising musculoskeletal health and function.

### Text message themes

- TeleFFIT reminders and tips to promote adherence
- General tips on staying fit and healthy into later life
- Importance of nutrition for strong muscles and bones
- Tips to mitigate the risk for fragility fractures
- Why muscles matter and tips for reducing falls risk
- Importance of medication for fracture prevention
- Tips to reduce sedentary time



## TeleFFIT Online Community

**Social Support:** To promote a sense of belonging, connectedness and encourage social interaction amongst participants and those delivering the program, an online TeleFFIT community peer forum is available to all clients enrolled in the program. This will be optional.

**Zoom coffee catch-up sessions:** informal online gatherings to facilitate engagement (guest speakers, hot topic sessions, tips for staying motivated, stories of success or accomplishments from participants & online games and challenges).



## Online Education

Available on the TeleFFIT  
website: [www.teleffit.com.au](http://www.teleffit.com.au)

You will have access to a series of short (5-8 minute) **online educational videos** to encourage self-management behaviours to promote long-term healthy lifestyle habits to optimise muscle and bone health.



**Understanding risk factors for falls and fracture**



**Exercise to reduce the risk of falls**



**Exercise to optimise bone and muscle health**



**Spine-sparing strategies and recognising harmful activities**



**Nutrition for strong bones and muscles**

All videos will be available on our website along with other evidence-based material (e.g., handouts, fact sheets).



# WEBSITE AND RESOURCE HUB



## TeleFFiT for Falls and Fracture Prevention

Come and join the TeleFFiT study. A remotely delivered and monitored home exercise and lifestyle self-management program designed for people over 60 with or at risk of osteoporosis or those concerned about their mobility.



- Watch the welcome **video** above to learn more about the TeleFFiT program and research study.
- If you are interested in participating in the TeleFFiT research study, please refer to **Get Involved**



### Key Benefits of TeleFFiT

- ✓ TeleFFiT is designed to bring evidence-based exercise into your home that is tailored to your needs and ability.
- ✓ You will have access to an exercise physiologist/physiotherapist and dietitian from the comfort of your own home.
- ✓ Health practitioners can monitor your progress as you complete a personalised exercise program via an easy-to-use exercise app.
- ✓ The program will provide you with the latest information and support to engage in healthy lifestyle changes to better self-manage your condition.



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Access to educational material online



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Personalised health tips via text message

Find out more



Consult your **Exercise Physiologist** or **Dietitian** if you have any questions about your program or healthy eating plan