

Fall Prevention Tips

Stay Physically Active

- Regular exercise improves strength, balance, and coordination, reducing fall risk.
- Activities like walking, Tai Chi, and balance exercises help keep muscles strong.



Make Your Home Safer

- Remove clutter, install grab bars in bathrooms, and keep walkways well lit.
- Non-slip mats and sturdy handrails can help prevent slipping.



Regular Check Ups

- Poor vision increases the risk of falls and injuries.
- Regular eye exams help detect vision problems early.



Balanced Diet

- Good nutrition keeps bones and muscles strong and helps maintain balance.
- Skipping meals can cause weakness or dizziness.

