

Fall Prevention: Lifestyle Factors & Fall Risk¹

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There are many things that may cause you to fall, and you can change several of these. Here are some easy changes you can make to decrease your risk of falling.

Choose Your Shoes

Some types of shoes make you more likely to fall. To reduce your risk of falling, avoid

- ⊖ walking barefoot,
- ⊖ wearing high heels, and
- ⊖ wearing shoes with slippery soles.

On the other hand, wearing shoes with high collars (high-tops) may **improve** your balance.

Stay Active!

This is one of the most important things you can do for yourself! Not only does regular activity help keep you healthy, it also can reduce your risk of falls. Physical activity



can improve your strength, balance, and gait (the way you walk). Walking, swimming, dancing, and gardening are great ways to stay active. Just move your body and have fun!

Limit or Avoid Alcohol

Alcohol makes you less alert. It can also affect your coordination. If you drink alcohol, you may be more likely to fall. It's best to avoid alcohol or limit yourself to one drink per day.



One drink is 5 ounces of wine, 12 ounces of beer, or 1½ ounces of liquor.

Review Your Medications

Taking some types of medications may make you more likely to fall. You also may be more likely to fall if you take four or more medications each day. Review your medications with your healthcare provider regularly. Let your doctor or pharmacist know if you experience dizziness or other symptoms.



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