Fall Prevention: Reduce Your Risk! ¹

Linda B. Bobroff and Jennifer Hillan²

Some lifestyle factors can affect your risk of falling. Find out how much you know about these factors by completing the crossword puzzle!

**Down**
1. Taking some types of _______ can make you feel dizzy or less alert. Talk to your health-care provider about yours.

2. Avoid wearing shoes with _______ heels.

3. One way to stay active is by _______. All you need is a good pair of shoes!

4. Regular _______ can help improve your strength and balance. It can also improve your health!

**Across**
2. Avoid wearing shoes with _______ heels.

5. Drinking _______ can make you less alert. It also can make you less coordinated.

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Answers

Down
1. medications
3. walking or dancing
4. activity

Across
2. high
5. alcohol

Figure 1. Credits: iStockphoto