

FCS2231

Fall Prevention: Reduce Your Risk! 1

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!

	2	DOWN 1. Taking some types of can make you feel dizzy or less alert. Talk to your healthcare provider about yours. 2. One way to stay active is by All you need is a good pair of shoes! 3. Regular can help improve your strength and balance. It can also improve your health!
3		ACROSS 2. Avoid wearing shoes with heels.
5		5. Drinking can make you less alert. It can also make you less coordinated.
		DOWN ACROSS 1. medications 2. high 3. walking or 5. alcohol dancing 4. activity 4. activity

- 1. This document is FCS2231, one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Publication date: April 2005. Please visit the EDIS website at http://edis.ifas.ufl.edu
- Jennifer Hillan, MSH, RD, LD/N, former educator/trainer, Department of Family, Youth and Community Sciences, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Reviewed by Linda B. Bobroff, PhD, RD, LD/N, Department of Family, Youth and Community Sciences, University of Florida and Carolyn A. Gregov, PhD, Sarasota County Extension Service.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office. Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Larry Arrington, Dean