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 healthcare provider about yours.

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 can also make you less coordinated.

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**Answers**

<table>
<thead>
<tr>
<th>1. activity</th>
<th>2. high</th>
<th>3. walking or running</th>
<th>4. alcohol</th>
<th>5. alcoholic</th>
</tr>
</thead>
</table>

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