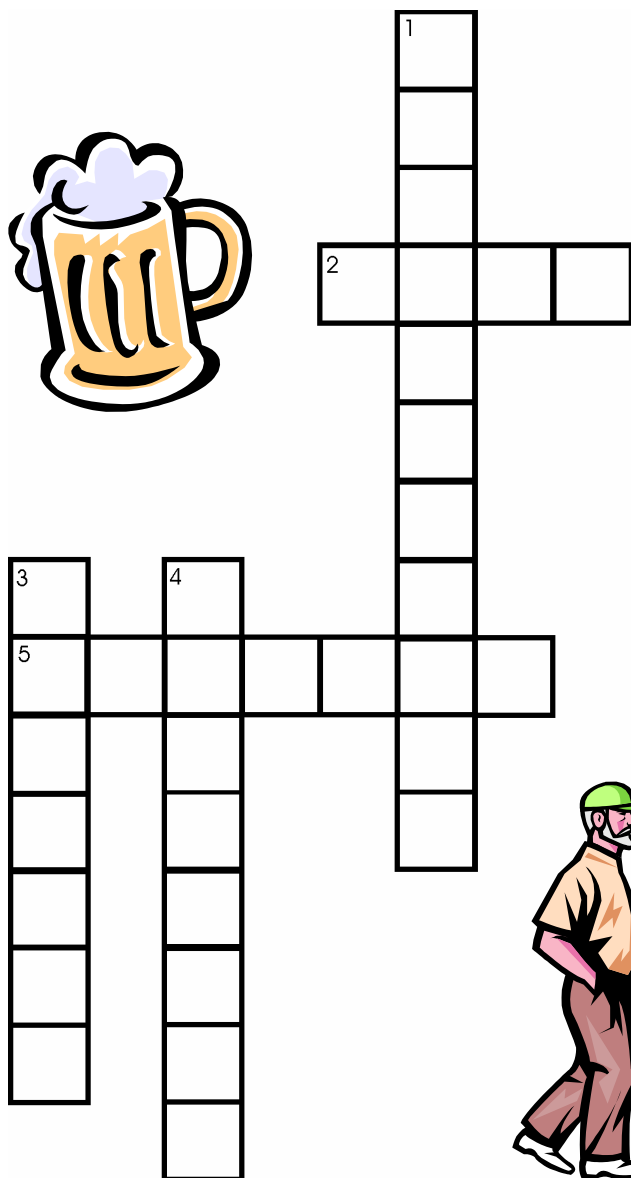


# Fall Prevention: Reduce Your Risk! <sup>1</sup>

Jennifer Hillan<sup>2</sup>



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.

### Answers

DOWN	1. medications
ACROSS	2. high
	3. walking or dancing
	4. activity
	5. alcohol

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