



# FALL PREVENTION

## ARE YOU AT RISK?

Do you have any of the following?

- Lower body weakness
- Vitamin D deficiency
- Difficulty walking
- Vision problems
- Foot pain

These all could cause falls.

## DID YOU KNOW...

- Falls are the leading cause of fatal and non-fatal injuries for older Americans.
- Falls are a threat to the health of older adults and can reduce their ability to remain independent.
- Each year, 2.8 million older people are treated in emergency departments for fall injuries.



## What can you do to prevent falls

- Talk to your doctor
- Do strengthen exercises
- Have your eyes checked
- Make your home safer



- Remove tripping hazards such as throw rugs and clutter in walkways.
- Use nonslip mats in the bathtub and on shower floors and install grab bars next to the toilet and in the tub or shower.
- Install handrails on both sides of stairways.
- Improve lighting throughout the home.
- Maintain a regular physical activity program, if your doctor agrees, to improve lower body strength and balance.

# EXERCISE ACTIVITY

## Overhead Arm Raise

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.



1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

### TIP

As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

# RECIPE FOR THE MONTH

## CREAMY GRAPE DESSERT

MAKES ABOUT 2 SERVINGS

### Ingredients

- 1 cup grape juice
- ½ tablespoon lemon juice
- 2 tablespoons sugar
- 2 cups low-fat vanilla ice cream

### Directions

1. Mix all ingredients in a blender until smooth.
2. Serve in a bowl with a spoon, or as a drink.

Nutrition Information for 1 serving of Creamy Grape Dessert							
Calories	170	Cholesterol	20 mg	Sugar	21 g	Vitamin C	16 mg
Calories from Fat	30	Sodium	50 mg	Protein	3 g	Calcium	110 mg
Total Fat	3 g	Total Carbohydrate	33 g	Vitamin A	84 RAE	Iron	0 mg
Saturated Fat	2 g	Dietary Fiber	0 g				

Recipe adapted from [Welchs.com](http://Welchs.com).