

## Wellness Articles

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## Stay on your feet and stay active

### November is Seniors' Falls Prevention Month

Let's face it; falls can happen to anyone at any time but the reality is, as we get older our risks of falling are greater. Falls are the leading cause of injury among older adults over the age of 65, and one in three Alberta seniors will fall once a year. Falls also result in reduced mobility as fears can increase over getting up and moving around.

While staying in one place may reduce the risk of falling, it also negatively affects your quality of life. That's why the theme for this year's Senior's Fall Prevention month is Finding Balance – Stay Independent. Prevent Falls.

"Falls Prevention Month is a great time to remind everyone at every age about injury prevention. We're asking all Albertans to not only promote falls awareness for seniors, but for people at every age," says Teresa Curtis, health promotion facilitator, Provincial Injury Prevention Program. "The prevention of falls takes an intergenerational effort. We have an opportunity to be part of the solution and to educate others."

While Fall Prevention Month is geared to seniors, it's a good opportunity to remind all Albertans about the risk of falling. As temperatures drop, the risk of snow and ice increases. Every year, thousands of Albertans are hurt falling on icy roads and walkways.

Injury prevention experts say the best way to avoid falls on ice and snow is to waddle like a penguin.

- Stay low
- Feet pointed out
- Walk flat footed
- Use your arms for balance

It's not the fastest or most graceful way to walk, but it will help keep you on your feet. Learn more about walking on slippery sidewalks at <http://www.albertahealthservices.ca/10958.asp>.