

Name: _____

Date: _____

Don't Fall For It!

A	W	T	H	R	E	S	H	O	L	D	S	O	U	P	S	H	O	E	S	V	O	R	D
A	Y	O	B	S	T	A	C	L	E	S	W	U	U	H	Y	V	F	T	J	V	I	U	K
O	M	B	V	I	S	I	O	N	B	D	O	X	B	Q	L	P	M	C	G	W	C	G	R
P	O	C	N	K	Z	W	T	L	M	K	M	C	A	M	V	Q	F	A	L	L	L	S	R
F	I	N	J	U	R	Y	N	W	J	V	P	M	L	B	R	E	S	T	W	A	I	O	A
T	A	I	C	H	I	F	Y	E	E	L	E	V	A	T	I	O	N	J	B	E	G	U	E
H	E	A	L	T	H	Y	S	T	E	P	S	I	N	M	O	T	I	O	N	W	H	U	D
W	S	P	C	D	A	B	S	L	I	P	S	L	C	Q	N	Z	X	U	B	Y	T	R	Y
X	B	A	A	A	C	T	I	V	I	T	Y	O	E	K	Y	Y	O	N	Z	X	I	H	X
P	C	R	I	L	M	Z	B	J	S	M	E	X	E	R	C	I	S	E	A	L	N	O	M
C	O	N	F	I	D	E	N	C	E	O	X	V	O	U	U	T	E	T	I	X	G	O	R
X	Z	R	U	R	A	A	M	A	T	T	E	R	O	F	B	A	L	A	N	C	E	I	Y
S	W	P	A	O	T	S	Z	S	W	G	G	Y	D	R	A	I	L	I	N	G	S	V	C
L	A	A	A	J	T	N	M	T	W	A	L	K	W	A	Y	S	E	T	Z	L	E	M	O
E	L	I	R	D	E	H	Y	D	R	A	T	I	O	N	Y	M	R	Y	L	I	T	O	R
E	K	N	T	X	N	Q	H	O	A	N	M	Q	C	K	D	Q	M	O	J	N	L	B	D
P	I	M	H	Z	T	S	T	A	I	R	S	U	L	G	D	U	B	M	S	U	A	I	S
I	N	H	R	A	I	E	I	P	I	F	L	A	U	O	O	B	P	L	T	T	D	L	J
N	G	B	I	J	O	X	L	E	M	R	A	A	T	V	U	X	C	J	R	R	D	I	D
E	D	V	T	H	N	O	A	F	L	I	E	F	T	H	N	I	L	V	E	I	E	T	H
S	U	N	I	W	Q	T	U	V	W	E	R	C	E	I	W	K	U	O	N	T	R	Y	G
S	F	O	S	D	B	G	J	W	I	N	Q	Z	R	N	K	N	F	I	G	I	D	U	C
I	W	Y	H	X	R	S	K	D	I	D	R	C	W	G	U	X	E	Y	T	O	P	V	A
L	S	P	I	L	L	S	Z	G	T	S	U	I	D	Q	B	O	U	P	H	N	L	S	H

HEALTHY STEPS IN MOTION
SLEEPINESS
ELEVATION
EXERCISE
STRENGTH
FRIENDS
LADDER
CORDS
PAIN

A MATTER OF BALANCE
THRESHOLDS
NUTRITION
LIGHTING
WALKWAYS
TAI CHI
SPILLS
SHOES
REST

DEHYDRATION
ARTHRITIS
OBSTACLES
MOBILITY
BALANCE
WALKING
STAIRS
SLIPS
RUGS

CONFIDENCE
ATTENTION
ACTIVITY
RAILINGS
CLUTTER
INJURY
VISION
FALL