

Name: _____

Date: _____

Don't Fall For It!

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

HEALTHY STEPS IN MOTION
SLEEPINESS
ELEVATION
STRENGTH
EXERCISE
FRIENDS
STAIRS
SLIPS
REST

A MATTER OF BALANCE
CONFIDENCE
ATTENTION
RAILINGS
ACTIVITY
CLUTTER
SPILLS
SHOES
PAIN

DEHYDRATION
OBSTACLES
ARTHRITIS
MOBILITY
WALKING
BALANCE
LADDER
CORDS
FALL

THRESHOLDS
NUTRITION
WALKWAYS
LIGHTING
TAI CHI
VISION
INJURY
RUGS