



Fall Free Friday

Your health and what's on your feet matter!

September 26th,
2023.

10-10:15 am

AAA7 FB LIVE

- *Wearing shoes inside and outside of the house can help prevent falls as socks can be slippery on hard surfaces (CDC, n.d.)*
- *Wearing shoes that have a supported heel collar, a thin sole, and can be secured with ties or Velcro can prevent the foot from slipping within the shoe, increasing balance, and lessening the risk of a fall (Cox-Roush, 2022).*
- *Health conditions such as vision loss, lower body weakness, and loss of balance can all contribute to fall risk (CDC, 2023).*

- **Practicing exercise such as tai chi can strengthen the legs, making the prevalence of a fall less likely (CDC, 2023).**

Please take a look at these examples of proper footwear!



**Proper heel collar
Limited heel, and
Secure tie!**

Supportive heel collar, flat, thin sole, and secured velcro!

