



# Fall Free Friday

*Fall-ty Habits: Everyday Activities*

**Friday Nov  
17<sup>th</sup> 2023**

**10:00am**

**AAA7 FB  
LIVE**

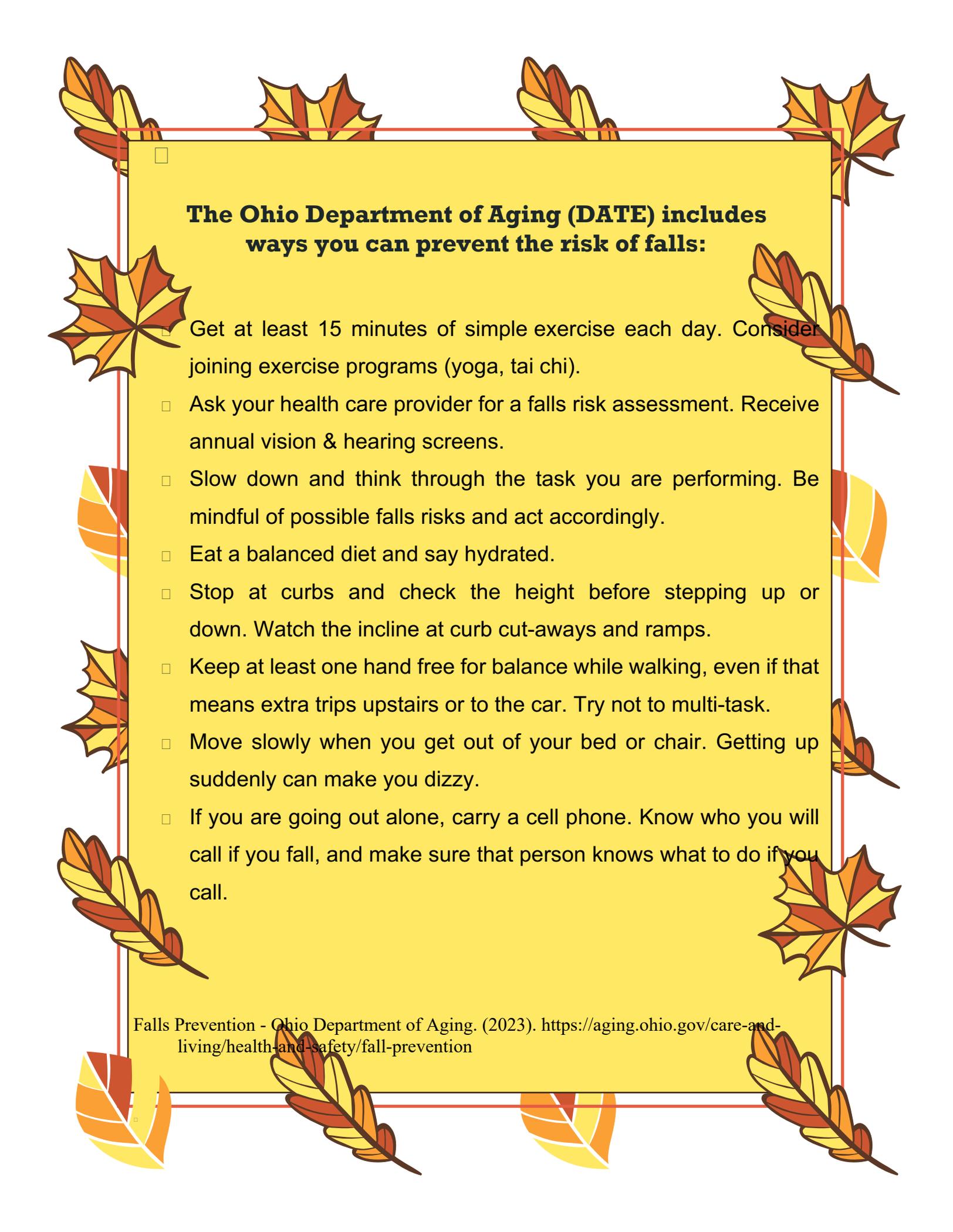
***Did you know that bad habits increase the risk of falls? This can occur in everyday activities such as***

- Do you ever get up too fast, making you feel dizzy?*
- Do you ever try multi-tasking such as carrying too many items up/down the stairs?*
- Do you ever trip over your feet due to uneven surfaces or shoe type?*

***All of these are considered bad habits that can increase the risk of falls (ODA, 2023).***

- Did you know it takes up to 30+ days to break a bad habit?*
- Did you know you should focus on changing one bad habit at a time?*

***We can decrease our fall risk by eating healthy, participating in physical exercise, visiting the doctor regularly, and being aware of our surroundings. This will establish a healthy and active lifestyle.***



**The Ohio Department of Aging (DATE) includes ways you can prevent the risk of falls:**

- Get at least 15 minutes of simple exercise each day. Consider joining exercise programs (yoga, tai chi).
- Ask your health care provider for a falls risk assessment. Receive annual vision & hearing screens.
- Slow down and think through the task you are performing. Be mindful of possible falls risks and act accordingly.
- Eat a balanced diet and stay hydrated.
- Stop at curbs and check the height before stepping up or down. Watch the incline at curb cut-aways and ramps.
- Keep at least one hand free for balance while walking, even if that means extra trips upstairs or to the car. Try not to multi-task.
- Move slowly when you get out of your bed or chair. Getting up suddenly can make you dizzy.
- If you are going out alone, carry a cell phone. Know who you will call if you fall, and make sure that person knows what to do if you call.

Falls Prevention - Ohio Department of Aging. (2023). <https://aging.ohio.gov/care-and-living/health-and-safety/fall-prevention>