

LIFESTYLE TIPS TO PREVENT FALLS:

Here's your checklist with the right steps to stay safe from falls.



1



EXERCISE REGULARLY:

Exercising regularly can keep you active and increase muscle endurance, improve balance and strengthen your bones. Always keep in mind to consult your doctor or physician to give you the right exercise tips and schedule.

2



FOLLOW A BALANCED DIET:

Seniors usually lack vitamin D in their diet. It is advisable for elders to maintain a healthy diet by consuming the required nutrients that will help in strengthening their bones, maintain their immunity and prevent them from falling.

3



KEEP YOUR HOME FALL PROOF AND BE CAREFUL IN EVERY STEP:

Reduce the clutter inside your homes and eliminate unsafe and hazardous objects. Ensure adequate lighting, anti-slip rugs and grab bars to prevent falls. Take time to familiarise with any activity you engage in.

4



TALK TO YOUR DOCTOR AND KEEP MEDICAL ALERT DEVICES AT HOME:

Talk to your doctor, they can aid you in achieving balance and can recommend safety precautions to avoid falls. Medical alert devices can be of great help to keep your health on track and to keep your close ones informed about your well-being.

5



WEAR THE RIGHT FOOTWEAR:

Avoid wearing loose footwear, instead wear footwear that fit you perfectly with inserted rubber soles and anti-slip soles.

6



VISIT THE DOCTOR:

Make sure to visit your doctor on a regular basis so that they can assess your risks of falling and help you reduce and eliminate your medications to avoid feeling dizzy.