

## Preventing Falls in the Fall

Fall has a level with fall, cooler cooler temperatures and more conditions that could lead to falls. Wet leaves and early seasons can challenge your balance as thinking about fall prevention this time of year is a good idea.

1. Watch your step- wet leaves, uneven sidewalks, especially in Baltimore city, and picking up, and grass/leaves can challenge your balance. Make sure to take your time and wear shoes with good traction.

2. Let there be Light- Make sure to light up your path and carry a flashlight if your walking at dusk or dawn.

3. Choose ideal footwear for walking- wear shoes with an open back, fly lugs or shoes that are worn out and no longer have stability. Invest in a good walking shoe.

Be proactive and work on balance and stability exercises as if you are in a situation where you lose your balance, you are more

## How to Decrease Joint Stiffness in Cooler Weather

Fall brings cooler weather which can cause joint stiffness. Many people with arthritis or past injuries experience increased stiffness in their joints with cooler temperatures. Here are some ways to help reduce joint stiffness.

1. Stay warm- dress in layers and keep your joints warm using socks, gloves, and warmers.

2. Exercise- exercise increases blood flow lubricating your joints giving more mobility and less stiffness.

3. Warm up before activity- Perform a couple repetitions of movements prior to doing your daily activities to warm up your joints in just doing the activity after sitting for a long period of time.

## Helpful Fall Hints

Change your clocks- highlight using time machines November and remember to "fall back" one hour.

Check your balance- When you change your