



# HEALTH & FITNESS

Newsletter About Health and Caring For Your Body

## Going into WINTER WEATHER

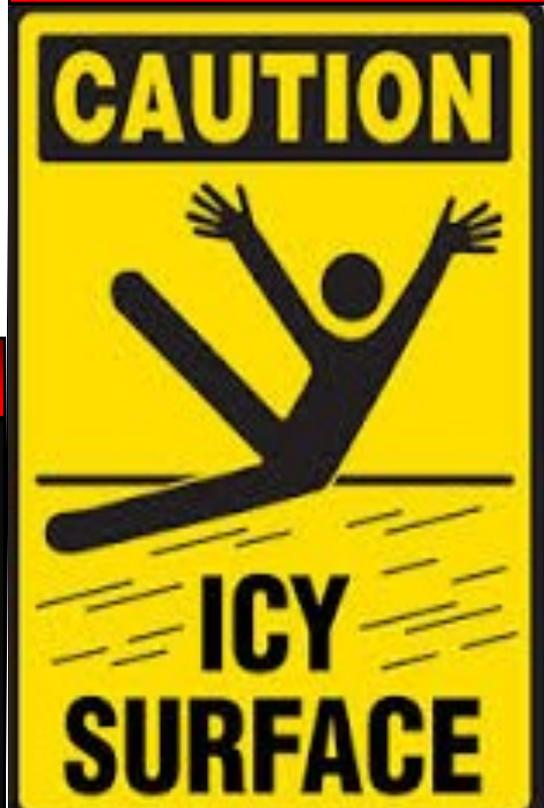


# WALK SAFE THIS WINTER

**Cold weather means ice and occasionally snow. This makes it easy for all of us to slip and fall when entering or exiting our homes or other buildings. Falls especially among the elderly will often cause severe disabilities. Falls can cause broken limbs, head and brain injuries, and can make it difficult and dangerous for a person to continue living on their own.**

### REDUCE THE RISK

- ◆ Spread kitty litter over exterior steps and sidewalks often
- ◆ Place texturized mats or rubber strips on stairs
- ◆ Stock up your pantry and fridge in good weather to avoid going out when weather is bad
- ◆ Walk slow
- ◆ Wear Boots or slip-resistant footwear
- ◆ Keep hands empty so arms are free to move for stabilization



Call to schedule your **FREE ASSESSMENT** at Orofino Physical Therapy if you or someone you know is at risk for falls this year to learn more on what you can do to reduce those risks now and in the future.

**IMPROVE YOUR BALANCE**  
**REDUCE YOUR RISK OF FALLS**

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