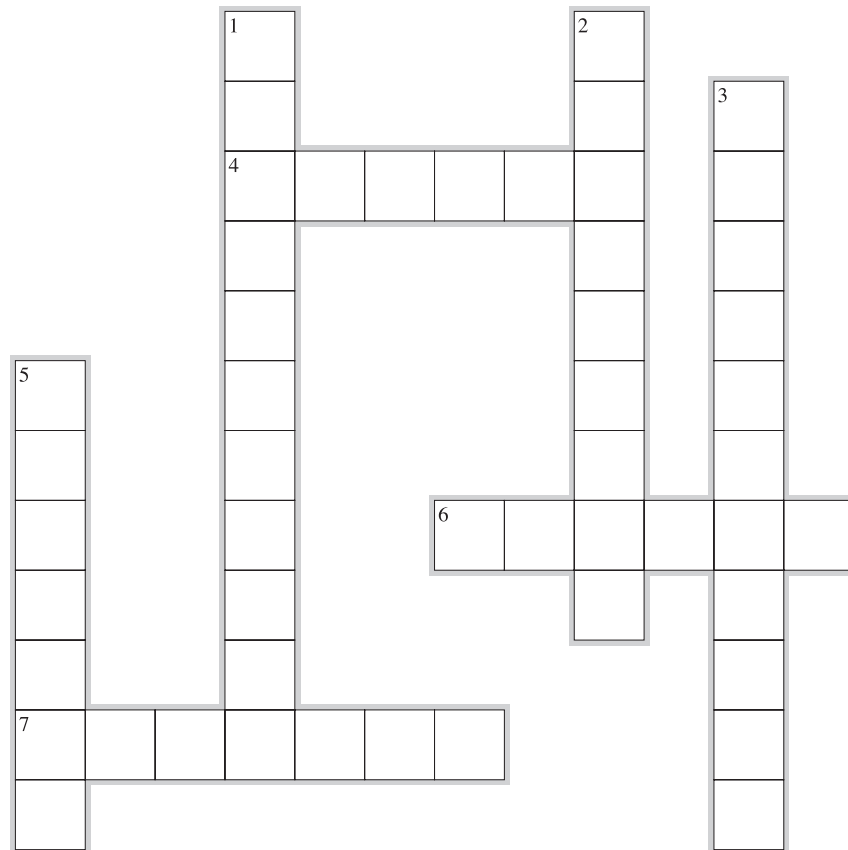




Crossword Puzzle



Across

4. Move your body every day to stay independent. Talk with this person before you become physically active.
6. Most falls occur at home. Turn these on as you move through the house and up and down the stairs.
7. Choose supportive footwear with these kinds of soles.

Down

1. When you take four or more medications, including prescriptions, vitamins, herbal supplements, or over-the-counter remedies, your chance of these increases (2 words).
2. These floor coverings can cause you to trip (2 words).
3. These can help you feel better but can also make you feel drowsy, dizzy or light-headed. Talk with your doctor and pharmacist about side effects.
5. One of the best forms of exercise – it's easy and free. It can be done inside or outside, alone or with a friend.



Crossword Answers

