

## **Just an Ounce of Prevention ....**

### **Do ...**

- ❖ Exercise 3 times a week, focusing on weight bearing exercise, balance and flexibility.  
(Always consult your physician before starting a new exercise program)
- ❖ Be aware of posture when sitting, standing and lying in bed.
- ❖ Use a reacher to pick up things on the floor, that way you avoid excessive bending of the spine.
- ❖ When walking up stairs always use a handrail.
- ❖ Always bend from the hips and knees and not the waist.
- ❖ When sitting if your feet don't rest flat on the floor use a footstool.
- ❖ Learn more about body mechanics, which is the correct way to move so you can protect your bones while staying physically active.
- ❖ Prevent falls by decreasing clutter, removing throw rugs and minimizing the amount of loose cords and wires on the floor.
- ❖ Always use a night light. Keep a flashlight by your bed.
- ❖ Use grab bars, a shower chair, and a rubber bath mat in the bathroom to prevent slipping in the shower/tub.
- ❖ Wear your glasses when up walking.
- ❖ Slow down and watch where you are going.

### **Don't ...**

- ❖ Sit still or lie in bed for long periods of time.
- ❖ Force yourself to finish activities if you are short of breath, in pain or too fatigued.
- ❖ Walk or exercise on slippery surfaces
- ❖ Wear backless shoes or shoes with slippery soles
- ❖ Sit on deep cushioned furniture that causes you to sink in and have poor posture.
- ❖ Engage in activities that require twisting and bending of the spine.
- ❖ Walk outside at night, in dark areas or on icy surfaces.
- ❖ Twist or bend when doing household chores.