



Stay On Your Feet...

STEP 3 - Manage Your Health

Some long-term health conditions can increase your risk of falling. These include:

- Heart conditions
- Diabetes
- Parkinson's disease
- Arthritis
- Osteoporosis
- High or low blood pressure
- Depression
- Dementia

They may cause dizziness, confusion, lightheadedness, slowed reactions, reduced awareness or blurred vision. Other risk factors include stiff muscles or joints, poor vision, reduced concentration, pain and lack of energy. Poor posture can also make you unsteady.

Ways to manage your health

- Take notice when you don't feel right and try to find a solution.
- Learn about your condition – ask your doctor, get fact sheets or join a support group.
- Have regular checkups to discuss your concerns, prevent complications and get early treatment.
- Make sure you understand and manage your medicines.

Balance your life

- Do pain management activities such as tai chi, massage or hydrotherapy.
- Manage your stress. Do meditation or talk to someone.
- Enjoy your social and recreational activities.
- Eat well, drink alcohol in moderation and quit smoking.

Stay Active, Stay Independent and Stay On Your Feet!



For more information on the 9 steps, call:

Stay On Your Feet North Bay 705 474-1400

Stay On Your Feet Parry Sound 705 746-5801

1 800-563-2808

How can I better manage my health?

Review what you do now to manage your health and complete the table below. An example is given to help.

What positive steps am I already taking?	What changes might help me stay on my feet?	How will I make these changes? Is there anyone I need to contact?
<p><i>I have 3 alcohol-free days per week</i></p> <p><i>I do meditation to help with my stress levels</i></p>	<p><i>Check out hydrotherapy for my arthritis</i></p>	<p><i>Get some more information about my arthritis from the Arthritis Society</i></p>

Who else do you know who would benefit from this information?