**Four Tips to Avoid an Unintended Fall**

The older we get the more susceptible we become to an unintended fall. The good news, it’s not your fault! As we age the synapsis in our brains move farther and farther apart and slow our reaction times.

Four Tips:

1. Do not hesitate or be afraid to use a cane.
2. Be Deliberate
3. Know the environment – are you walking on pavers, are there rugs present,
4. The 3-Second Method

What will lead to sustained strength, mobility and independence for the rest of your life:

* Strong legs
* Practice in proprioceptive environments
* Improve your posture – Keep a healthy gait pattern, improve cardiovascular system
* Flexibility – undo everything that sitting, being on your phone and looking down and driving does to our posture.