



Senior Exercise to Reduce the Risk of Falls

20 words having to do with a safe fall prevention exercise program are hidden in this puzzle. Give your brain a workout and find them all.

F	G	T	G	G	A	S	R	D	C	D	A	R	E	P
O	N	U	A	N	W	X	S	L	Y	E	P	Y	Y	U
O	I	L	L	I	M	D	A	E	R	T	T	R	E	K
T	T	W	Z	N	C	S	A	O	N	I	T	M	E	C
H	H	S	B	E	S	H	B	N	L	E	E	I	X	E
E	G	H	U	H	A	I	I	I	C	G	R	G	A	H
A	I	O	J	T	C	S	B	Q	M	I	A	A	M	C
L	L	E	N	G	S	I	S	J	K	R	N	X	W	T
T	L	S	U	N	X	K	I	E	D	C	L	G	N	A
H	S	U	V	E	H	O	M	E	S	A	F	E	T	Y
Z	G	Z	L	R	B	D	N	P	U	S	M	J	D	W
J	T	F	G	T	C	I	E	U	P	E	M	R	T	N
I	B	C	D	S	N	U	Z	U	V	G	G	E	L	C
G	P	N	P	G	B	A	L	A	N	C	E	Y	N	P
G	N	I	K	L	A	W	P	A	T	H	W	A	Y	T

FLEXIBILITY
FOOT HEALTH
GARDENING
HOME SAFETY
LIGHTING
PATHWAY
PAVEMENT
SHOES
STRENGTHENING
TAI CHI
TREADMILL
WALKING

AEROBIC
ASSESSMENT
AWARENESS
BALANCE

CHECKUP
CLASS
DANCING
EYE EXAM

