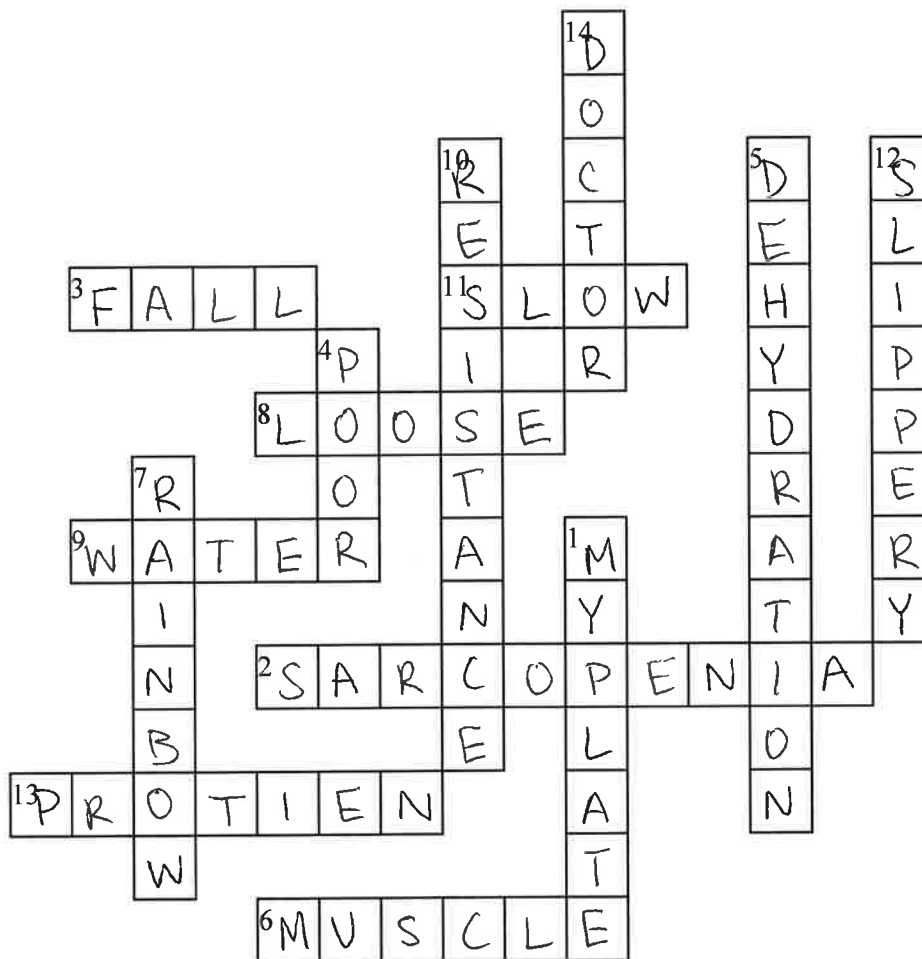


Falls Prevention Cross Word



Across

2. Muscle loss with aging is called _____.
3. A _____ is a sudden, uncontrolled, unintentional, downward descent of the body to the ground or other object.
6. The type of body tissue that we want to preserve to help keep us strong.
8. Avoid wearing _____ clothing. Opt for better-fitting and properly hemmed clothing.
9. 50-75% of the human body is comprised of this.
11. _____ walking speed is a sign of muscle loss.
13. A diet high in _____ can help maintain and build muscle.

Down

1. This guide can be used when choosing meals.
4. Physical inactivity and _____ nutrition speed up muscle loss.
5. Warning signs of this condition include: thirst, dry mouth, chapped lips, lack of energy, sunken eyes, muscle weakness, confusion, and dizziness.
7. "Eat the _____", which means if you eat many different colored fruits and vegetables you will be eating a variety of vitamins and minerals!
10. _____ training is a type of physical activity that uses weights or bands.
12. Take extra caution on _____ surfaces to prevent falls.
14. Talk to your _____ if you are experiencing signs of muscle loss or frailty.