

Winter Walking

Physical activity throughout the year is essential.
Prevent falls and fractures by staying active all year round.



- ◆ Wear non-slip footwear, consider devices to help with balance (ice grippers or walking poles).
- ◆ Scan for hazards and take your time, black ice is hard to see.
- ◆ Walk with a friend or tell someone before you leave.
- ◆ Dress for the weather by wearing layers of reflective clothing.

For more information, contact your local health unit