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| **Date** | **Asset** | **Suggested Message for Social Media** |
| 5/1/2024 | A group of people posing for a photo  Description automatically generated | May is National Physical Fitness and Sports Month. Physical activity is one of the most important things you can do for your health! Visit <FallsFreeWI.org> and learn ways that you can stay active to prevent falls! #FallsFreeWI |
| 5/6/2024 |  | It is important to wear safe footwear while being physically active! Visit <bit.ly/3S6XqIv> to learn more about the features of a safe shoe! #FallsFreeWI |
| 5/8/2024 |  | Physical activity is extremely important to help you continue to be able to do your daily activities. Visit [bit.ly/48iK1mU](https://bit.ly/48iK1mU) to learn about the recommended physical activity guidelines for older adults. #FallsFreeWI |
| 5/14/2024 | A person swimming in a pool  Description automatically generated | Swimming, joining a strength or balance class, or checking out your local pickleball or bicycle club, are just some ways you can stay physically active and prevent falls. Visit [bit.ly/48iK1mU](https://bit.ly/48iK1mU) to learn more. #FallsFreeWI |
| 5/16/2024 | A person and person lifting weights  Description automatically generated | It’s National Physical fitness and Sports Month – consider joining an exercise class! It is a great way to stay accountable, meet new people, and have fun while improving your balance, strength, and physical fitness. Find more falls prevention tips at <FallsFreeWI.org>. #FallsFreeWI |
| 5/20/2024 |  | Spring is here! It is important to wear safe footwear while getting outside and enjoying the weather. Learn more about safe footwear and preventing falls at <bit.ly/3S6XqIv> #FallsFreeWI |
| 5/22/2024 | A person and person doing yoga  Description automatically generated | Improving your balance and increasing strength can reduce your risk of falls – and can be done at all ages! Learn some simple balance and strength exercises at [bit.ly/48iK1mU](https://bit.ly/48iK1mU) #FallsFreeWI |
| 5/25/2024 |  | It’s that time of the year for spring cleaning! Visit [bit.ly/48pxj5N](https://bit.ly/48pxj5N)  to download and print a home safety checklist to help guide you through your cleaning and keep your home safe this spring!  You can also visit [bit.ly/3wsLpGn](https://bit.ly/3wsLpGn)  and take the Home Safety Challenge to learn more about home hazards and safety tips so that you can prevent falls! #FallsFreeWI |
| 5/29/2024 | A person and person playing golf  Description automatically generated | There are many ways you can stay physically active – not just in May! Grab a buddy and do something you love and help each other stay socially connected while being physically active year-round! Visit [FallsFreeWI.org](https://wihealthyaging-my.sharepoint.com/personal/intern_wihealthyaging_org/Documents/Attachments/FallsFreeWI.org) for more ways to prevent falls. #FallsFreeWI |