

# Falls are not your fate!

**Fuel your body: stay strong, steady, & safe.**

## Hydrate for a better gait

- ✓ Aim for 6–8 cups of fluid/day
- ✓ Include water-rich foods
  - Melons • Tomatoes
  - Apples • Cucumbers
  - Berries • Celery • Carrots

## Add protein to your plate

- ✓ Aim for 20-30 grams per meal
- ✓ Include at every meal
  - Eggs • Nuts/Seeds • Fish
  - Dairy • Meat • Cheese
  - Beans • Hummus • Tofu

**Falls Prevention is a Team Effort**

Learn more at: <https://fallsfreewi.org/>

