

2022 Fall Prevention CHALLENGE



Step Challenge

September 12th through 30th

Regular walking helps prevent falls! Walking helps make bones and muscles stronger, increases flexibility and balance.

GCCOA and your local senior center are challenging you to a Step Challenge! Sign up at your senior center to participate in the GCCOA Step Challenge (September 12 — September 30). A paper step log is attached, or you can download an electronic version on gcco.org

Send us photos and tell us your story by going to our Facebook page (facebook.com/GCCOAcres/) or via email at YourFriends@gcco.org. You will be entered in a drawing for a prize!

Make sure you are safe at home!

Clean up home hazards

Check your home for potential fall hazards. Make your home safer by:

- Clear walkways: remove boxes, newspapers, cords
- Stick those rugs: secure loose rugs with double-faced tape, tacks or slip-resistant backing or remove altogether
- Use nonslip mats in your bathtub or shower. Use a bath seat.

Light it up

- Use night lights in bedroom, bathroom and hallways.
- Place a lamp within reach of your bed in case you need to get up in the middle of the night.
- Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

2022 Step Challenge — September 12—30

Week 1		Week 2		Week 3	
Day	Number of Steps	Day	Number of Steps	Day	Number of Steps
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	