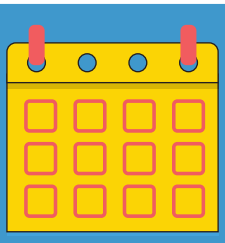
STAND STRONG
against falls and chronic conditions

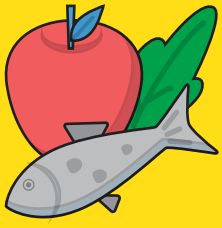
Try to be physically active every day.

Aim for 7-9 hours of sleep.

Try to connect with family & friends.



Schedule regular checkups.



Eat healthy foods as often as possible.

Contact a health provider when concerns arise.

Even small changes today can help you age healthier tomorrow.

Add one or two of these healthy actions to what you already do to take care of yourself. Each action helps you manage or reduce your risk of falls, dementia, diabetes, heart disease, and high blood pressure.

Standing Strong North Carolina
Prevent Falls – Save Lives

North Carolina FALLS PREVENTION Coalition

StandingStrongNC.org