

**YOU PUT
YOUR LEFT
LEG IN ...
AND YOU
SHAKE IT ALL ABOUT.**



EXERCISE REGULARLY.

AVOID FALLS.



Regular exercise improves strength and helps improve balance – and that helps prevent falls. So walk, run or do the Hokey Pokey – and shake it all about.

Keep those toes tapping.

Avoid falls.

A PROJECT OF THE MISSOURI ASSOCIATION OF AREA AGENCIES ON AGING
AND THE SHOW ME FALLS FREE MISSOURI COALITION