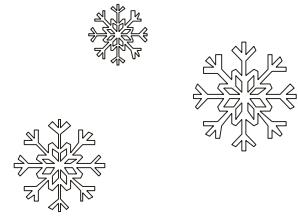




Winter Active Winter Smart



...Prevent a Fall

Winter is a wonderful time of year! The air is crisp and the ground is snow covered. It is the perfect time to enjoy a walk to take in the beauty of the season. But, winter can be a challenging time of year to get out and about. Here are a few suggestions to help you stay active and safe in winter

Dress for the Occasion



- Dress in layers. Long-underwear, a fleece or wool sweater, a wind/waterproof jacket are good options. Avoid wearing cotton next to your skin. It absorbs sweat and stays wet.
- Wear a hat and scarf to prevent heat loss. Mittens keep hands warmer than gloves and may be easier to wear. On very cold days, cover nose and mouth with a scarf.
- Wear bright colours or add reflective material to clothing, so others can see you better.
- Wear sunscreen, SPF 15 or more - just like in the summer! Put it on any skin exposed to the sun, including lips.

Get Around Safely

- Use a cane to help with balance. Have it fitted to the right height for you. Speak to your health care provider about how to use your cane properly.
- Attach an ice pick at the end of your cane. Cane picks will be slippery on hard surfaces so be sure to flip it back as you get indoors. Picks are available at most drug stores.
- If you need further support, use a walker. Cost can be covered by government programs. Talk to your health care provider.
- Wear hip protectors, a lightweight belt or pant with shields to guard the hips. It can help protect the hips against fractures and give added confidence.

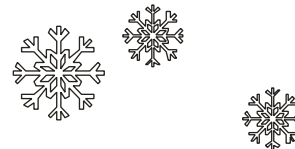
Put Your Best Foot Forward

Wear good boots and warm socks making sure there is room for your toes to wiggle. A good boot will:

- be warm and waterproof, have a thick, non-slip tread sole
- have a wide, low heel
- be light weight
- wear ice grippers on footwear to help prevent falls on snow and ice
 - grippers improve walking on hard-packed snow and icy surfaces
 - grippers must be removed when walking on smooth surfaces such as stone tile and ceramic before buying the grippers, check that you are able to attach and remove them from your boots



- Keep entrance ways clear of ice and snow.
- Carry a bag of grit (sand or nonclumpable cat litter) and sprinkle it on icy surfaces.



Remember that if you use a wheelchair, scooter or walker, you can ride City of Peterborough transit.

To check which routes have low entry buses call 745-0525.

