

Watch Your Step!



Wherever you are

Finding Balance 



Finding Balance was developed by the Alberta Centre for Injury Control & Research and the Alberta Medical Association.

www.publichealthgreybruce.on.ca

Prevent a fall before it happens



Watch Your Step!

- Keep pathways, halls and stairways well-lit and free of clutter.
- Watch out for ice, cracks and uneven surfaces while walking.
- Report any hazards to your local municipality.
- Have your eyes checked every year.
- Wear shoes that support your feet and help you keep your balance.
- Avoid rushing and doing too many things at once.

Nutritious meals give you energy.

Try this recipe for a
healthy breakfast!

APPLE BERRY MUESLI

Ingredients:

2 cups	quick-cooking rolled oats	500 mL
2 cups	low-fat plain yogurt	500 mL
1 cup	milk	250 mL
3 tbsps	granulated sugar or liquid honey	45 mL
2	large apples, cored	
1 cup	chopped berries	250 mL
	raisins and nuts (optional)	
	juice of ½ lemon	

Directions:

1. In a medium bowl, combine oats, yogurt, milk & sugar. Set aside.
2. Grate apples, leaving the skin on. Sprinkle with lemon juice to prevent browning. Add apples and berries to yogurt mixture. Gently mix together.
3. Refrigerate overnight. Serve topped with raisins and/or nuts, if desired. Makes 6-8 servings. Preparation time: 10 minutes.

Nutrition information

Per 1 serving: 201 calories, 3.3 g fat, 58 mg sodium, 36 g carbohydrate, 3.6 g fiber
8 g protein, 164 mg calcium, 1.3 mg iron.

Simply Great Food. DOC. 2007

Tell your doctor or healthcare provider if you've had a fall.

For more information, call the Grey Bruce Health Unit
1-800-263-3456