Winter Walking

Physical activity throughout the year is essential. Prevent falls and fractures by staying active all year round.

- Wear non-slip footwear, consider devices to help with balance (ice grippers or walking poles).
- Scan for hazards and take your time, black ice is hard to see.
- Walk with a friend or tell someone before you leave.
- Dress for the weather by wearing layers of reflective clothing.

For more information, contact your local health unit.