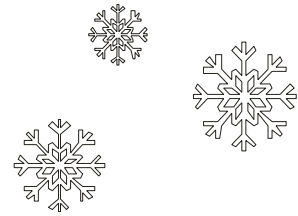




# Winter Active Winter Smart



## ...Prevent a Fall

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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 wint

### 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.

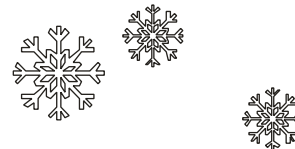
### Put Your Best Foot Forward

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

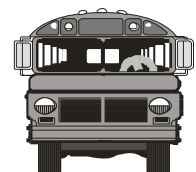


- Keep entrance ways clear of ice and snow.
- Carry a bag of grit (sand or nonclumpable cat litter) and and sprinkle it on icy surfaces.



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.



# Shop for Winter Safety

## Types of ice grippers

### Yaktrax:

A rubber web that slips over a boot from heel to toe. They come in various sizes and two styles:

- The **Yaktrax Walker**, designed for walkers, pedestrians.
- The **Yaktrax Pro**, designed for winter athletes, workers or runners.



### Icers:

Like another sole for your shoe/boot with numerous studs to prevent slipping.

Velcro fasteners wrap around the boot to hold the unit securely. It comes in various sizes

## Where to buy ice grippers

The following is not a complete list.

Ice grippers may be found at other shoe stores and pharmacies.

Medichair Trent  
550 Lansdowne Street West  
Peterborough  
740-2650

Running Room Canada Inc.  
3-210 Hunter Street West  
Peterborough  
876-8605

Shoppers Home Health Care  
Brookdale Plaza  
Chemong Rd.  
Peterborough  
743-5100

Runners' Life  
174 Charlotte Street  
Peterborough  
876-8960

## Mall Walking Programs

- Lansdowne Place, 748-2961
- Peterborough Square, 742-0493
- Portage Place Mall, 749-0212
- Apsley Walking Group, 656-1791
- Community Care Havelock Walking Group, 778-7831



## Looking for a Winter Active - Winter Smart gift idea?

Help someone stay active with confidence this winter with these gift ideas:

- hat, scarf or mittens
- long-underwear (polypropylene is a good choice)
- wool sweater or windproof jacket
- sunscreen and/or sunglasses
- warm socks
- ice grippers
- a cane or cane accessories such as an ice pick or cane rest
- hip protectors
- walker
- container for grit, a scoop and a bag of
- nonclumpable cat litter or sand
- pedometer



## You can be active indoors

At times one cannot or should not go out in the winter.

It is still important to stay active in order to keep muscles strong to avoid a fall. Here are some suggestions:

- Chair or home exercises - Exercise to Prevent Falls... Video and poster can be purchased for \$10.00 by calling Peterborough County-City Health Unit at 743-1000.
- Exercise programs in your building.
- Join exercise groups .
- Walking in your building or home.
- Mall walking.



### Check It Out !

For a comprehensive list of trails and walking areas contact Peterborough & The Kawarthas Tourism at 742-2201.