

What to Do if You Fall

Call 911 immediately :

- If you can't breathe or you're bleeding
- If you can't move without sharp pain
- If you fall and you're not in a safe place



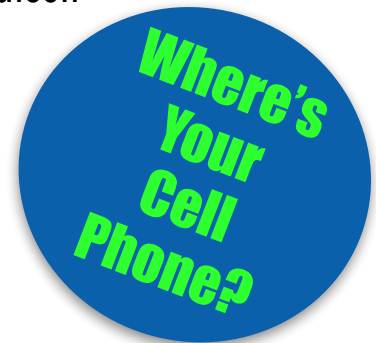
What to do NEXT if you Fall

If you're safe, breathing & not bleeding:

- ✓ Take a few moments, breathe normally to calm yourself
- ✓ Let help know you're okay – don't rush
- ✓ Roll to your BACK – if you can't, **CALL 911**

★ **Do a BODY CHECK for injuries**

★ **Do each movement 2 times**



1. **Ankles** - point, flex, & roll each ankle
2. **Knees** - 1 knee bent, foot on the floor, slide foot out & in bending/straightening your knee
3. **Hips** - bring 1 knee to your chest, then the other
4. **Lower Back** - bend knees with feet on the floor & let both knees fall to one side, then the other side
5. **Wrists** - arms at your side, bend elbows, rotate wrists
6. **Shoulders** - raise 1 arm, shoulder high, lower & switch arms
7. **Neck** - move your head side to side

Always Keep your Hands Low When Stretching Naked



for more information:
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