

STILL GOING STRONG

A woman with short white hair, wearing a blue and white striped shirt under olive green overalls and tan pants, is smiling and holding a pink rose. She is also holding a wicker basket filled with pink roses. A young girl with brown hair tied back, wearing a grey jumpsuit and white sneakers, is holding a potted plant. They are standing on a yellow background.

Getting older doesn't have to mean giving up your favorite activities.

Simple actions, like wearing proper footwear to improve your stability, can help reduce your risk of injury so you can live life in full bloom.



Learn how you can
age without injury at
cdc.gov/StillGoingStrong