

# WILL YOU PREVENT A FUTURE FALL?

**Put yourself in this scenario:** you are working in a fulltime desk job. You enjoy your career, and when you think of the future, you imagine a long, happy life full of adventure. There are two paths you can take from here. One increases your personal risks of falling and becoming seriously injured as you get older. The other decreases your risks.

**You have the power to shape your healthy future. What happens in your story? What path will you choose?**

