

# FALL GARDENING TIPS



MADE *move*  
~ TO

# FALL GARDENING TIPS



Dress in layers  
& drink some water before  
heading outside



# FALL GARDENING TIPS

Choose a light weight rake  
with an ergonomic handle  
and a wide head



MADE  
~ TO *move*

# FALL GARDENING TIPS

Avoid raking wet, rained on leaves



# FALL GARDENING TIPS

Warm up your arm and back muscles  
by increasing blood flow in those areas



MADE  
~ TO *move*

# FALL GARDENING TIPS

Choose proper footwear  
to prevent slips and falls



MADE  
~ TO *move*

# FALL GARDENING TIPS

Check for rocks, toys, and other objects  
to prevent foot and ankle injuries



# FALL GARDENING TIPS

Rake using your arms, not your back





# FALL GARDENING TIPS

Take breaks, ask for help  
and don't forget sunscreen,  
even on cloudy days!

