

Mowing



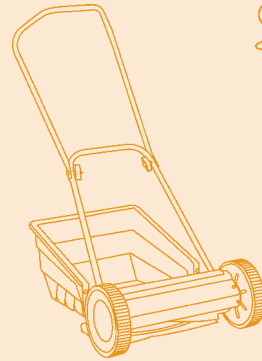
"It's given me the incentive to think that I can manage, and return to normal activities."

Benefits:

- helps with **balance** and **mobility**
- helps to boost **confidence** in **moving** to prevent **accidental falls**
- helps to increase **muscle strength** and **bone density**

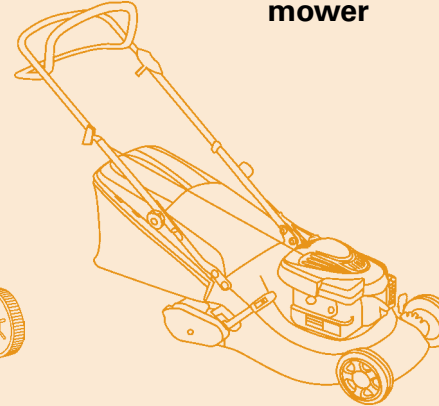
You will need:

Hand mower



OR

Power driven mower



- ① Check your lawnmower before use



"Using the lawn mower helped me walk again."

- ② Cut the lawn



- ③ Empty grass cuttings



- ④ Clean before putting away

