



How many times have you heard that warning, or said it to yourself? Just a couple of many recent accidents emphasize the need for traveling seniors to obey simple physical limit rules. A senior woman broke her ankle while riding the new 45-foot Los Angeles thrill slide down the side of a building. Another smashed her nose and teeth when she fell face first from a motorized stand-up scooter.

Injuries continue to happen to foolishly brave seniors in similar travel dangers at fairs, amusement parks, zoos, waterfronts and other busy tourist destinations. The solution is simply to obey the fact that you truly ain't as young as you used to be. If it looks too dangerous, especially if you're no longer agile and quick to react, just say no.