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## **NEWS RELEASE**

FOR IMMEDIATE RELEASE  
January 14, 2013

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### **The Fit and Fall Proof™ Program ~ Do it for Life!**

EASTERN IDAHO - The statewide Fit and Fall Proof™ Program offer free exercise classes for seniors. The goal of these classes is to improve health, lower the risk of falling, and provide a social atmosphere. The classes are held in Bonneville, Custer, Jefferson, Madison, and Teton Counties.

According to Timalee Geisler, Health Education Specialist at Eastern Idaho Public Health District and the coordinator of the Fit and Fall Proof™ Program, the program “helps older adults maintain independent and freely functioning lives, improve their muscular strength, and improve flexibility” by helping them to reach and to bend, improve balance, improve posture, and to improve mobility, endurance, and walking gait. The Fit and Fall Proof classes are facilitated by trained volunteers who have received the proper certification in a variety of exercise techniques. The classes are centered on functional fitness which is about training the body to handle real-life activities with greater ease and comfort.

The exercise classes are free and are open for any interested older adults. For a complete list of classes or for more information, visit [www.phd7.idaho.gov](http://www.phd7.idaho.gov) or call Timalee Geisler at 208-533-3149.

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(Editor’s Note: A complete list of Fit and Fall Proof™ class dates/time is attached.)

Current Fit and Fall Proof™ class dates, times, and locations:

<p>Ammon LDS North Stake Bldg.                  (near 17<sup>th</sup> Street &amp; 45<sup>th</sup> East)                  10:00 – 11:00 a.m.                  Monday, Wednesday, Friday</p>	<p>Idaho Falls Senior Center                  10:30 – 11:15 a.m.                  Monday and Thursday</p>	<p>Mackay Senior Center                  10:45 – 11:30 a.m.                  Monday and Friday</p>
<p>Milo LDS Church Building                  75<sup>th</sup> East Milo Road                  11:30 a.m. – 12:00 p.m.                  Monday and Wednesday</p>	<p>Teton View Apartments                  Rigby                  3:30 – 4:15 p.m.                  Monday and Wednesday</p>	<p>Ririe Senior Center                  11:00 – 11:45 a.m.                  Tuesday and Friday</p>
<p>Madison County Senior Center                  11:00 – 11:45 a.m.                  Tuesday and Thursday</p>	<p>Village Community Gardens                  121 N. Center Street, Rexburg                  9:15 – 10:00 a.m.                  Tuesday and Thursday</p>	<p>Rigby LDS Stake Center                  258 West 1 North                  1:00 – 1:45 p.m.                  Tuesday and Thursday</p>
	<p>Teton County Senior Center                  (located inside the Community                  Center)                  60 South Main, Driggs                  9:00 – 10:00 a.m.                  Monday and Wednesday</p>	

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