



Eastern Idaho Public Health

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Media Alert

FOR IMMEDIATE RELEASE
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Come Celebrate 10 Years of Fit and Fall Proof™

(Idaho Falls) – Every day in America, an older adult will fall. Some will die as a result of their fall, others will escape with minor injuries, and others will end up in an emergency room. In Idaho, from 2010 to 2013, 469 individuals age 65 and older died from fall related injuries. Falls can also significantly reduce an older adult's independence and severely affect their quality of life.

Eastern Idaho Public Health (EIPH) envisions older adults living safe, healthy, and independent lives. While falls pose a significant risk to the older adult population, there are preventive measures that can be taken that can reduce falls and significantly improve an older adult's ability to remain self-sufficient, healthy, and independent in their own homes.

One such preventative measure is increased levels of physical activity. This is why in 2005 the Fit and Fall Proof™ (FFP) Program was implemented throughout Idaho. FFP is a free exercise-based fall prevention program for older adults that focuses on low to moderate intensity functional exercises designed to reduce the risk of falls and improve mobility, balance, flexibility, and strength. Since 2005, countless numbers of falls have been prevented and thousands of older adults have seen benefits resulting from participation in the FFP Program.

This year, EIPH is celebrating 10 years of success of the FFP Program. To kick off the celebration, EIPH is hosting an open house at one of our FFP class locations. We would like to extend an invitation to the media, the public, or anyone who is interested in joining a class or learning more about older adult fall prevention. Refreshments will be served. Details of the open house are listed below:

Date: Monday, May 18, 2015
Time: 10:00 a.m. (class starts) | 10:45 a.m. Celebration Begins
Location: Ammon LDS Stake Center (near the corner of 17th Street & 45th East)

If you have any questions or plan to attend, please contact Mimi Taylor at (208) 521-6722.

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