



Eastern Idaho Public Health

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NEWS RELEASE

FOR IMMEDIATE RELEASE
April 18, 2016

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Fit and Fall Proof™ Program Beneficial in Reducing Falls New Classes Starting April 25-29, 2016

Every year, one in three adults over the age of 65 experience a fall. Falls are the leading cause of accidental injury deaths for Idaho residents age 65 and older. One cause of falling in older adults is lack of strength in the lower body. Once an adult has fallen, they can develop a fear of falling again so they limit their physical activity and what they are willing to do on their own. By limiting themselves, they decrease their physical mobility even more and increase their risk of falling.

In 2004, the Fit and Fall Proof™ (FFP) program was introduced in Idaho for adults age 65 and older to reduce their risk of falling. It is an exercise-based class led by trained local volunteers. Classes are free and meet two or three times per week with each class lasting 45-60 minutes. Some classes last 12 weeks and other classes are offered continuously. Some of the goals of the FFP classes are to improve flexibility and range of motion, increase muscular strength and endurance, improve posture and mobility, and decrease anxiety about falling. Each class includes a warm-up, movements for mobility, balance, strength and resistance, followed by a cool-down period.

Classes will begin the week of April 25th-29th. Classes are taught at various locations throughout Eastern Idaho. For more information and a list of class locations and times, please visit: www.EIPH.Idaho.gov or contact Timalee Geisler at 208-533-3149.

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