



# Eastern Idaho Public Health

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## NEWS RELEASE

FOR IMMEDIATE RELEASE  
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### ***Fit and Fall Proof™ Older Adult Exercise Program Beneficial in Reducing Falls New Classes Starting January 11-15, 2016***

(Eastern Idaho) - Every year, one in three older adults over the age of 65 will fall. Falls are the most common cause of nonfatal injuries such as hip, spine, forearm, and leg fractures. Falls can significantly impact an older adult's ability to independently perform activities of daily living.

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 preventative measures that can be taken to significantly improve an older adult's ability to remain self-sufficient, healthy, and independent in their own homes.

One such preventative measure is physical activity. The Fit and Fall Proof™ program is a group activity program designed for older adults who want to improve their health and reduce their risk of falling. This program is available at no cost and focuses on improving mobility, endurance, balance, flexibility, and strength through a variety of exercises. Classes are led by certified volunteers who have received training and instruction on exercise techniques and personal safety. Classes are held at a variety of locations and times in Bonneville, Jefferson, Madison, and Teton counties. The Fit and Fall Proof™ program has helped to prevent falls and increase the quality of life for participants in this area. Please go to our website for a schedule of class times and locations: [www.EIPH.Idaho.gov](http://www.EIPH.Idaho.gov).

To find out more information about this program, please contact Timalee Geisler, Injury Prevention Program Coordinator, at 208-533-3149.

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