



# Eastern Idaho Public Health

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## NEWS RELEASE

FOR IMMEDIATE RELEASE  
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### ***Fit and Fall Proof™ Program Beneficial in Reducing Falls New Locations Starting in Fremont & Madison Counties***

The aging population explosion is unprecedented in human history – 10,000 Americans turn 65 every day! Idaho has one of the fastest growing older adult populations in the United States, increasing 43% from 2003 to 2013. Idaho's fall death rate is higher than the national average. Falls and fall related injuries are a critical "quality of life" issue because:

1. One-third of Americans over the age of 65 fall at least once per year.
2. Fall rates increase with age.
3. Falls often lead to a loss of independence and a reduced quality of life.
4. The cost of falls is more than \$30 billion a year and rising.
5. Falls are the leading cause of fatal and nonfatal injuries for the older adult population.

Eastern Idaho Public Health has implemented the Fit and Fall Proof™ program in the area. The Fit and Fall Proof™ program can help reduce the risk of falling! Exercises targeted to improve strength, balance, flexibility, and mobility can help participants see positive changes and lower risks for falling with regular class attendance and home practice.

Fit and Fall Proof™ exercise classes run for about twelve weeks per session, are 45 – 60 minutes in duration, and are held 2 – 3 times per week. One can expect to practice and challenge mobility and balance by walking in a variety of patterns and balance exercises, improve flexibility through upper body and lower body stretches, and increase strength through use of body resistance and resistance bands.

NEW Fit and Fall Proof™ class sites are located at Madison Carriage Cove Health Retreat in Rexburg on Tuesdays and Thursdays from 2:30 – 3:15 p.m. in the dining room AND at South Fremont Sr. Center in St. Anthony on Mondays and Wednesdays from 12:30 – 1:15 p.m. For a complete list of class sites and times, visit [www.EIPH.Idaho.gov](http://www.EIPH.Idaho.gov).

Older adults can prevent falls at home. There are many steps one can take to decrease the risk of falling. Take action and follow the strategies below to be safe and avoid injuries:

1. Ask your medical provider about falls and what you can do to prevent them. Talking about your fall risk can help you identify ways to stay independent longer.
2. Exercise regularly. Focus on increasing leg strength and improving balance and challenge yourself over time. Fit and Fall Proof™ classes are a great way to exercise regularly.
3. Have an eye exam at least once a year, or as recommended by your eye care specialist. Update your eyeglasses when needed.
4. Make your home safer. Get rid of the things you trip over. Add grab bars. Install railings on both sides of stairs. Ensure your home has lots of light.

For more information on Fit and Fall Proof™ classes and fall prevention, please contact Timalee Geisler at 208-533-3149 or by visiting Eastern Idaho Public Health's website at [www.EIPH.Idaho.gov](http://www.EIPH.Idaho.gov).

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