



# Eastern Idaho Public Health

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1250 Hollipark Drive • Idaho Falls, ID 83401 • Phone: (208) 522-0310 • [www.EIPH.Idaho.gov](http://www.EIPH.Idaho.gov)

## News Release

FOR IMMEDIATE RELEASE  
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Contact: Mimi Taylor, PIO  
Cell: (208) 521-6722

### ***Fit and Fall Proof™ Classes Continue Through the Summer Exercise Program Helps to Reduce Falls in Older Adults***

(Southeast Idaho) - For children, falling down is a regular and almost harmless part of growing up. As the years go by, a fall for an older adult can lead to serious, if not fatal injuries. Studies have revealed that millions of older adults ages 65 years and older fall every year. Every 20 minutes, someone in the United States dies from such a fall. Falling is not an inevitable part of aging, however. Additional studies have shown that there are effective ways to reduce falls among the older adult population.

One way to reduce falls is to engage in an exercise program. The Fit and Fall Proof™ program is designed and proven to improve the strength and mobility of older adults living in Idaho, thus resulting in a decreased risk of falling. Fit and Fall Proof™ is an exercise-based program focused on improving the functionality of older adults as they walk and perform tasks of daily living. Since 2004, Idaho residents have benefited from Fit and Fall Proof™ classes to maintain independence in their homes by improving muscular strength, flexibility, balance, and endurance.

While physical strength and stamina are improved by participation in the classes, there is also improvement in mental and social aspects of participants' health. Marilyn Marcelo of Idaho Falls shared her thoughts about the Fit and Fall Proof™ classes, "I enjoy the friendships I have made in class. The instructors are friendly, upbeat, fun and usually have a good sense of humor that makes a bright spot in my day."

Fit and Fall Proof™ classes are offered to anyone 50 years and older at no cost. Classes are offered now and held throughout the area. Volunteer class leaders and BYU-I interns are trained and certified to lead the classes. For more information about class locations and times or to become a trained class leader, please contact Timalee Geisler at Eastern Idaho Public Health at 208-533-3149 or [tgeisler@eiph.idaho.gov](mailto:tgeisler@eiph.idaho.gov). Don't let a fall get you down, call today to become Fit and Fall Proof™.

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