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NEWS RELEASE

FOR IMMEDIATE RELEASE
January 3, 2011

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New Series of Fit and Fall Proof™ Classes Begin ***Start the New Year off on the Right Foot***

Each year, one in every three adults age 65 and older falls. Falls can lead to moderate to severe injuries, such as hip fractures and head traumas, and can even increase the risk of early death. Fortunately, falls are a health problem that is largely preventable.

Older adults can take steps to protect their independence and reduce their chances of falling. One important step is becoming more active. Health experts recommend older adults engage in moderate physical activity at least five days a week for 30 minutes.

The Fit and Fall Proof™ (FFP) program, is an exercise-based fall prevention program for older adults. Classes focus on functional fitness to reduce the risk of falling. Classes are offered for free.

FFP Classes Enable Older Adults to:

- Maintain an independent, freely functioning life-style
- Improve muscular strength
- Achieve gains in flexibility, enabling older adults to reach and to bend
- Increase balance and posture
- Improve mobility and endurance
- Socialize with their peers in a warm and safe environment

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Beginning dates, times, and places for FFP classes are as follows:

<p>Monday, January 10 Ammon LDS Centennial Bldg 4459 E. John Adams Pkwy. 10:00 – 11:00 a.m. Monday, Wednesday, Friday</p>	<p>Monday, January 10 Idaho Falls Senior Center 10:30 – 11:15 a.m. Monday and Thursday</p>	<p>Monday, January 10 Mackay Senior Center 10:45 – 11:30 a.m. Monday and Friday</p>
<p>Monday, January 10 Milo LDS Church Building 75th East Milo Road 11:30 a.m. – 12:30 p.m. Monday and Wednesday</p>	<p>Monday, January 10 Teton View Apartments Rigby 3:30 – 4:15 p.m. Monday and Wednesday</p>	<p>Monday, January 10 Liberty Square, Ammon 2475 S. Ammon Road 10:00 – 10:45 a.m. Monday and Wednesday</p>
<p>Tuesday, January 11 Ririe Senior Center 11:00 – 11:45 a.m. Tuesday and Friday</p>	<p>Tuesday, January 11 Madison County Senior Center 11:00 – 11:45 a.m. Tuesday and Thursday</p>	<p>Tuesday, January 11 Rigby LDS Stake Center 1:00 – 1:45 p.m. Tuesday and Thursday</p>

Classes will be coming soon to Salmon.

For additional information about the Fit and Fall Proof™ program, please contact Timalee Geisler at Eastern Idaho Public Health District by calling 533-3149 or by e-mail at tgeisler@phd7.idaho.gov.

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