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**NEWS RELEASE**

FOR IMMEDIATE RELEASE  
 April 21, 2010

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**A LOCAL FOUNTAIN OF YOUTH!**  
*FREE Fit & Fall Proof™ Classes Start in May*

There is a fountain of youth. Millions have discovered it - the secret to feeling better and living longer. It's called staying active. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent. New research shows that up to one-third of breast cancers can be avoided through changing behaviors like diet and exercise.

There are four main types of exercise and seniors need some of each:

- Endurance activities - like walking, swimming, or riding a bike - which build "staying power" and improve the health of the heart and circulatory system
- Strengthening exercises which build muscle tissue and reduce age-related muscle loss
- Stretching exercises to keep the body limber and flexible
- Balance exercises to reduce the chances of a fall

Eastern Idaho Public Health District will be launching another series of Fit & Fall Proof™ classes this May. The FREE classes, designed to help seniors reduce falls, will begin the week of May 3 and end the week of July 12, 2010. Classes are free and available to the public. Beginning dates, times, and locations are as follows:

<p>Monday, May 3          Ammon LDS Centennial Bldg          4459 E John Adams Pkwy          10:00 – 11:00 a.m.          Monday, Wednesday, Friday</p>	<p>Monday, May 3          Idaho Falls Senior Center          10:30 – 11:15 a.m.          Monday and Thursday</p>	<p>Monday, May 3          Milo LDS Church Building          75<sup>th</sup> East Milo Road          11:30 a.m. – 12:30 p.m.          Monday and Wednesday</p>
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<p>Monday, May 3 Teton View Apartments 490 Annis Hwy, Rigby 3:30 – 4:15 p.m. Monday and Wednesday</p>	<p>Tuesday, May 4 Liberty Square 2475 S. Ammon Rd 10:00 – 10:45 a.m. Tuesday and Thursday</p>	<p><b>NEW SITE!</b> Tuesday, May 4 Teton Senior Center 10:30 – 11:15 a.m. Tuesday and Thursday</p>
<p>Tuesday, May 4 Ririe Senior Center 11:00 – 11:45 a.m. Tuesday and Thursday</p>	<p>Tuesday, May 4 Madison County Senior Center 11:00 – 11:45 a.m. Tuesday and Thursday</p>	<p><b>NEW SITE!</b> Tuesday, May 4 Rigby Community Center 1:00 – 1:45 p.m. Tuesday and Thursday</p>

Additional classes are held at the Mackay Senior Center, Mondays and Fridays from 10:45 – 11:30 a.m.

For additional information, please contact Timalee Geisler at Eastern Idaho Public Health District by calling 533-3149 or by e-mail at [tgeisler@phd7.idaho.gov](mailto:tgeisler@phd7.idaho.gov).

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