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NEWS RELEASE

FOR IMMEDIATE RELEASE
April 14, 2011

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Safety is NO Accident *Fit and Fall Proof™ Exercise Classes Begin April 25th*

EASTERN IDAHO – It only takes a moment for an injury to happen—a fall on a stair, the ice, or in the shower. The potential for an injury from a fall is all around us. 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. Taking actions such as increasing muscle strength, balance and flexibility are important ways to proactively promote safety and prevent injuries from falls. The Fit and Fall Proof™ 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.

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.

—MORE—

(Editor's Note: A complete list of all class sites is attached.)

Fit and Fall Proof™ Class Schedule Spring, 2011

<p>Monday, April 25 Ammon LDS Centennial Bldg 4459 E. John Adams Pkwy. 10:00 – 11:00 a.m. Monday, Wednesday, Friday</p>	<p>Monday, April 25 Bonaventure of Idaho Falls 4000 South 25th East (Hitt Road) 9:30 – 10:15 a.m. Monday, Wednesday, Friday</p>
<p>Monday, April 25 Idaho Falls Senior Center 10:30 – 11:15 a.m. Monday and Thursday</p>	<p>Monday, April 25 Mackay Senior Center 10:45 – 11:30 a.m. Monday and Friday</p>
<p>Monday, April 25 Milo LDS Church Building 75th East Milo Road 11:30 a.m. – 12:30 p.m. Monday and Wednesday</p>	<p>Monday, April 25 Teton View Apartments Rigby 3:30 – 4:15 p.m. Monday and Wednesday</p>
<p>Tuesday, April 26 Egin Bench LDS Building 1633 E. 400 N., St. Anthony 10:30 – 11:15 a.m. Tuesday and Thursday</p>	<p>Tuesday, April 26 Ririe Senior Center 11:00 – 11:45 a.m. Tuesday and Friday</p>
<p>Tuesday, April 26 Madison County Senior Center 11:00 – 11:45 a.m. Tuesday and Thursday</p>	<p>Tuesday, April 26 Rigby LDS Stake Center 1:00 – 1:45 p.m. Tuesday and Thursday</p>

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