

What Fit and Fall Proof™ Class Participants have to say...

“It’s a great class that keeps you young.”

“What a wonderful community service for our precious seniors.”



Fit and Fall Proof™ is:

- An exercise class designed to benefit older adults
- Taught by trained peer volunteers
- Helps prevent falls & improve balance
- Free



Start a Class in Your Area

Fit and Fall Proof™ classes are taught by trained, peer volunteers, and anyone who is interested, can take the class leader training and start a class. For more information about Fit and Fall Proof™, and learn how to start a Fit and Fall Proof™ class contact the Southeastern Idaho Public Health.

For More Information

Michelle Butterfield, MHE
Southeastern Idaho
Public Health
1901 Alvin Ricken Drive
Pocatello, ID 83201
(208) 239-5207
mbutterfield@siph.idaho.gov

www.siphidaho.org

FREE • FREE • FREE

Fit and Fall Proof™

a free exercise class to benefit older adults



Free

Exercise Class
to prevent falls.



Southeastern
Idaho Public Health

Become Stronger • Gain Confidence • Socialize



“Older adults who have confidence in their physical ability are less afraid of falling & remain more physically active, which, in itself, reduces the risk of falling & increases the potential for living full functioning, independent lives.”

Stay Active Prevent Falls

While it is true that falls are the leading cause of non-intentional injury for older adults, falls are not part of the natural aging process. The risk factors associated with falls include little or no physical activity, an inactive life style, hazards in the home, poor posture, health problems, medications, and vision changes. The good news is that falls can be prevented!

Research shows that participating in physical activity is, in fact, the easiest and simplest way to prevent falls and improve quality of life. Participating in physical activity can reduce disability, extend years of active independent living, and may help in the management of chronic conditions.

Any kind of physical activity incorporated into daily living is beneficial, but the kinds of activities most often recommended to reduce falls include mobility, strength, balance, and flexibility.

Classes in Southeast Idaho

Pocatello Senior Center
Tuesday & Thursday
11:00 a.m.
427 N. 6th Ave., Pocatello
(208) 282-4416

New Knowledge Adventures
Wednesday
9:30 a.m.
ISU Continuing Education
Building, Pocatello
(208) 232-8087

Mennonite Church
Tuesday & Friday
11:00 a.m.
381 Washington
Aberdeen (208) 244-1449

Blackfoot Senior Center
Tuesday & Thursday
9:00 a.m.
20 East Pacific, Blackfoot
(208) 785-4714

**Pocatello Public Access
Channel 12**
Daily at 10:00 a.m.

Pingree LDS Church
Tuesday & Thursday
9:30 a.m.
1533 West Hwy 39
Pingree (208) 680-2745

**Franklin County
Senior Center**
Tuesday & Thursday
8:30 a.m.
64 West 1st South,
Preston (208) 852-2844

**Bear Lake County
Senior Center**
Tuesday & Wednesday
10:00 a.m.
300 Hospital Plaza,
Montpelier
(208)847-0344

**Curlew Valley
Community Center**
Tuesday & Thursday
11:00 a.m.
10808 S. 2300 W., Stone
(435) 279-3885

Shelley Senior Center
Wednesday & Friday
10:30 a.m.
193 W. Pine, Shelley
(208) 357-3621