



Southeastern Idaho Public Health

“Stay Active to Help Prevent Falls “

NEW Fit and Fall Proof Exercise Class for older adults begins in Shelley

While it is true falls are the leading cause of non-intentional injury for older adults, they are not a part of the natural aging process. The risk factors associated with falls include physical inactivity, hazards in the home, poor posture, health problems, medications, and vision changes. The good news is falls can be prevented!

Older adults who have confidence in their physical ability are less afraid of falling and remain more physically active which increases the potential for living independent lives.

The activities recommended to reduce falls include strength, balance and flexibility. The Fit and Fall Proof™ exercise classes are a great way for older persons to remain active to prevent falls. The classes are free and taught by a trained class leader.

A new site will begin on Monday, May 2nd in Shelley at the LDS Stake Center located at 675 S. Milton. Classes will be held each **Monday, Wednesday and Friday from 8:00 a.m. to 9:00 p.m.** Please wear comfortable clothing, appropriate footwear and reminder to bring your water bottle.

For more information about the Fit and Fall Proof™ classes, please contact Michelle Butterfield at **208-239-5207**.

Fit *and* Fall Proof™

An Exercise Class for Seniors to Prevent Falls

**3 Days a Week!
Mon, Wed & Fri**

Starting May 2nd

Time: 8:00 a.m. - 9:00 a.m.

**Place: Shelley LDS
Stake Center**

*675 S. Milton Ave.
Shelley, ID 83274*

- Dress Comfortably
- Sensible Footwear
- Bring Water

*For More Information Contact:
Kanin Butler 208.604.5455*

 Southeastern
Idaho Public Health
www.siphidaho.org

 **IPAN**
Idaho Physical Activity and Nutrition Program

