

FALLS ARE ONE OF THE LEADING CAUSES OF DEATH AND INJURY FOR IDAHOANS AGE 65 AND OLDER, BUT THEY ARE PREVENTABLE!

Reduce your risk of falling with these simple steps:

1. Begin an exercise program—such as Fit and Fall Proof™ classes—to improve your strength, balance, and flexibility. Stay as active as you can.
2. Have your doctor review your prescription and/or over-the-counter medications. Discuss any side effects—such as dizziness or light-headedness—that can lead to falls.
3. Get annual eye check-ups and keep your eyeglass prescription up to date.
4. Wear non-slip shoes with soles that are sturdy and not too thick.
5. Make sure your home is fall proof by reviewing the checklist inside.

DECREASE YOUR RISK OF FALLS

Fit and Fall Proof™ classes have helped thousands of older Idahoans remain fit, improve their balance, prevent falls, and form lasting friendships.

Classes are free or low cost.

For more information on class times and locations, please call



This publication was made possible by Grant # 1 NB01OT009332-01-00 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



www.healthandwelfare.idaho.gov/fitfallproof

Fit and Fall Proof™



**EXERCISE
CLASSES FOR
OLDER ADULTS**



PREVENTION IS THE BEST MEDICINE

Fit and Fall Proof™ classes help to:

- Improve your balance, strength, and mobility
- Reduce your risk of falls
- Enjoy an independent and healthy lifestyle
- Meet new friends and have fun

Fit and Fall Proof™ classes provide older adults a friendly and safe exercise program developed to help reduce the risk of falling. Trained local volunteers teach classes two or three times a week. Classes last up to 60 minutes and are free or low cost.

7 in 10

participants report improvements in their physical functioning, such as performing activities of daily living or walking*

3 in 4

participants report an increase in their energy levels and improved mental health*

*Fit and Fall Proof™ results after 10 weeks



To find a class near you call the Idaho CareLine at 211.

SMALL CHANGES TO YOUR HOME CAN HELP REDUCE YOUR RISK OF FALLING. IS YOUR HOME FALL PROOF?

- All indoor and outdoor handrails are not broken and are securely fastened
- Remove small throw rugs, or use double-sided tape to keep rugs from slipping
- Lamp, extension, and phone cords are safely tucked away from walkways
- Grab bars are securely installed at the toilet, bath, and shower rails
- Non-slip strips are installed in the bath/shower
- Items used frequently—such as towels, bedding, dishes, food items, phones, and lamps—are easy to reach
- Hallways, bedrooms, bathrooms, and stairways are well lit with accessible light switches and/or nightlights
- Outside lighting is working in entryways and walk areas

www.cdc.gov/injury | www.cdc.gov/falls