

**GIVE YOUR TIME AS  
A FIT AND FALL PROOF™  
CLASS LEADER AND  
FEEL THE BENEFITS**

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Volunteering is great, but volunteering as a Fit and Fall Proof™ leader is a step above. When I started, I never would have believed I'd still be doing this 7 years later at the age of 75. The benefits to the participants and to me are remarkable. We are all continuing to maintain our balance, flexibility, and strength—but it's the friendship and the fun that draw us back each week. It is a commitment you will never regret. Come join us!

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-Jeanne  
Fit and Fall Proof™ Leader  
Hayden, ID

**Improve Health  
Gain Knowledge  
Form Friendships  
Make an Impact  
Have Fun**

For more information about becoming a Fit and Fall Proof™ class leader, please call



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[www.healthandwelfare.idaho.gov/fitfallproof](http://www.healthandwelfare.idaho.gov/fitfallproof)

**Fit and Fall Proof™**



**BECOME AN  
EXERCISE  
LEADER**



## FEEL GREAT ABOUT GIVING BACK TO YOUR COMMUNITY

Although 1 in 3 adults over the age of 65 fall each year, falls are preventable. Help reduce the risk of falls for older adults by volunteering to lead Fit and Fall Proof™ classes.

Make a difference in your community by helping others get fit and prevent falls. A little time commitment will go a long way. Your contributions are important!

**For more information about becoming a Fit and Fall Proof™ class leader, please call the IdahoCare line at 211.**

## WHAT TO EXPECT AS A VOLUNTEER LEADER

Classes last 45-60 minutes, 2-3 days per week and take place across a 10-week period.

As a volunteer leader, you will lead Idahoans age 65 and older through standard exercises to improve their health and balance.



## GOOD FOR YOUR MIND AND BODY

Volunteering as a class leader in the Fit and Fall Proof™ program can:

- Improve your physical and mental health
- Strengthen your sense of purpose and social connections
- Sharpen your mind
- Enrich the lives of other people

Leading Fit and Fall Proof™ classes will teach you valuable skills:

- Fit and Fall Proof™ leaders receive free training and lots of support
- Improve your leadership skills and build your confidence by instructing others
- Working in a team environment
- Show your creativity with the classes you plan, ensuring the best environment for you and your participants