

Facts!

- ▶▶ It is estimated that in the United States, one in four older adults fall each year.
- ▶▶ Muscle-strengthening exercises reduces the risk of falling, fracturing bones, and improves the ability to live independently.
- ▶▶ Physical activity helps to manage chronic diseases, improves sleeplessness, and relieves symptoms of depression.



Fit and Fall Proof™ Exercise Classes for Older Adults

**The Fit and Fall Proof™
Program can help reduce
the risk of falling.**

**Older adults who
improve their strength and
flexibility also achieve:**

- ◆ Improved posture
- ◆ Increased gait speed
- ◆ Improved stability
- ◆ Quicker reaction time
- ◆ Greater mobility
- ◆ Reduced risk of falls

**Older adults who have more
confidence in their physical
ability are less afraid of falling.
A greater level of confidence
reduces the risk of falling.**



**Fit and Fall Proof™ Classes
are available for seniors.**

**For class site
and times, contact:**

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Fit & Fall Proof™ Coordinator

Public Health

Idaho North Central District

(208) 799-3100

Effects of Aging on Balance

Decreased Ability To:

- Balance with a smaller base of support
- Adjust to unpredictable situations
- Respond to moving surfaces
- Cope with changing environments
- Adapt when sensory information is incomplete
- Decreased speed of response
- Decreased intensity of response
- Increased postural sway

Fitness for Older Adults



Fit and Fall Proof™

**An active lifestyle can
reduce your risk of falling.
Fit and Fall Proof™ Classes
are available for seniors.**

