

1 in 3
adults over 65 fall
each year



Reduce your risk of falling with these simple steps:

- 1** Begin an exercise program such as a Fit and Fall Proof™ class 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 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.

Falls are one of the leading causes of death and injury for Idahoans 65 and older.

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 information on class times and locations statewide, call or visit:



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Fit and Fall Proof™

Exercise Classes
for Older Adults



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

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fitandfallproof.dhw.idaho.gov

Prevention is the Best Medicine

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

Take Action: Sign Up for a Fit and Fall Proof™ Class Today!

Fit and Fall Proof™ classes provide older adults a friendly and safe exercise program developed to help reduce the risk of falling. Trained, local volunteer leaders teach classes two or three times a week for up to 60 minutes.

To find a class near you: Call Idaho CareLine at 2-1-1.



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 the 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 walls.
- Non-slip strips are installed in 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.

Source: Centers for Disease Control and Prevention. National Center for Injury Prevention and Control. Division of Unintentional Injury Prevention.