

Facts!

- ▶▶ It is estimated that in the United States, one in three 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™

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:

Deb Merica, RN

Injury Prevention 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.**

