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PRESS RELEASE – For Immediate Release

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SCPHD Announces Additional “Fit and Fall Proof” Class Site

TWIN FALLS-Beginning Monday, August 24, South Central Public Health District (SCPHD) will offer a new “Fit and Fall Proof” exercise class site at the Twin Falls Senior Citizen Federation at 530 Shoshone St. The classes will be held on Mondays, Wednesdays, and Fridays beginning at 10:30 a.m.

SCPHD offers free, low-impact exercise classes throughout southern Idaho that are especially designed for older adults who want to improve their health and reduce their risk of falling while enjoying a social interaction with other participants. SCPHD encourages all older adults to participate in the exercise classes that are being offered.

In 2003, more than 1.8 million seniors age 65 and older were treated in emergency departments for fall related injuries, and more than 421, 000 were hospitalized (CDC 2005). Of those that fall, 20% to 30% suffer moderate to severe injuries such as hip fractures or head traumas that reduce mobility and independence and increase the risk of premature death.

There is no price that could offset a senior’s reduced mobility, reduced independence, increased admittance to long-term care facilities, and higher risk of premature death; but there is a way to prevent the results of falls by being more physically active.

For more information on other locations of Fit and Fall Proof classes in southern Idaho, contact Elvia Caldera, Health Education Specialist/Injury Prevention Coordinator, at 737-5988.

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