

FOR IMMEDIATE RELEASE
April 6, 2017

Fit and Fall Proof™ Program to Begin Another Session at Pomerelle Place in Burley

Burley, ID - South Central Public Health District is pleased to announce that Fit and Fall Proof™ classes will resume at Pomerelle Place Senior Living located at 1301 Bennett Street in Burley beginning Thursday April 6, 2017.

Free classes have been open to the public since last fall and run in 10 week sessions. The next session will begin on April 6, 2017. They will continue to be held on **Thursdays and Saturdays from 10:00-11:00 am**. Please wear comfortable clothing, appropriate footwear, and bring a water bottle.

“Warmer spring weather prompts everyone to be outside, so being in shape physically to prevent falls out of doors is especially important. The good news is falls can be prevented! Taking proper precautions at home as well as strengthening the muscles that provide balance and stability are critical to preventing falls,” said Adria Masoner, Fit and Fall Proof™ Program Coordinator at South Central Public Health District.

Older adults who have confidence in their physical ability are less afraid of falling and remain more physically active which increases the potential for living independent lives.

The exercises recommended to reduce falls include strength, balance and flexibility. The Fit and Fall Proof™ exercise classes are a great way for older people to remain active to prevent falls. The classes are taught by trained class leaders.

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