



FOR IMMEDIATE RELEASE

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Fit & Fall Program to Air on Channel 12

Pocatello – Southeastern District Health Department announces that Fit and Fall Proof, an exercise program to help older adults become stronger and help prevent falls, began airing on Community Access Channel 12 (available to cable TV subscribers), Monday, March 11th and will air daily at 10:00 a.m. Monday through Friday.

Falls in older adults are a concern since about one-third of the population 65 and older fall each year. Half of those who fall, will fall a second time and the outcome of falling can be quite serious; including hip fractures and broken vertebra. Both of which can result in a lengthy stay in a long-term care facility; if not a complete loss of independence.

Research has proven that daily, deliberate, physical activity can improve strength, flexibility, balance, and endurance. It is important to focus on balance, strength, flexibility, and endurance because these are the core mechanics that help maintain everyday activity.

Before starting a Fit and Fall Proof Exercise Program there are a few things you need to do:

- Let your primary care physician know you are taking an exercise class. Ask about any limitations you might have for a specific medical condition including osteoporosis, and hip or knee replacement.
- Always remind your physician you are participating in an exercise program.
- When participating in a Fit and Fall Proof class, if a problem gets worse after beginning the exercise program, let the exercise leader know, slow down, and check with your physician.
- Wear comfortable clothing and sturdy shoes to the class.
- Be aware of your posture; ears over your shoulders, shoulders over your hips, ribs raised, and hips over your feet. Good posture helps prevent aches and pains and helps reduce the risk of stumbling or falling.

- Start slowly; only do what you are comfortable doing. If you are not comfortable or confident doing the exercises while standing, you can sit in a chair to do your exercises.
- Most important, always have a good time while exercising!

So tune into Community Access Channel 12 TV (available to cable TV subscribers) and begin your exercise program today. For more information or to receive a quarterly newsletter, contact Cherie Nelson at 478-6315.