

Improve Health
Gain Knowledge
Form Friendships
Make An Impact
Have Fun

Give your time as a Fit and Fall Proof™ class leader

“Volunteering is great, but volunteering as a Fit and Fall Proof™ leader is a step above. When I started I never would have believed I would still be doing this 7 years later (at the age of 75). The benefits to the participants and to me are remarkable. We are all continuing to maintain our balance, flexibility and strength but it is the friendship and the fun that draws us back week after week. It is a commitment you will never regret - come join us.”

JEANNE

**Fit and Fall Proof™ Leader
Hayden, Idaho**

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Fit *and* Fall Proof™

**When You Volunteer,
You Grow.
Become an
Exercise
Leader**

**Share your time, energy,
inspiration, and expertise!**



For more information about the
Fit and Fall Proof™ program,
visit us on the web at:
fitandfallproof.dhw.idaho.gov
or call 2-1-1



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

fitandfallproof.dhw.idaho.gov

Good for your mind and body

Volunteering as a class leader in the Fit and Fall Proof™ program can:

- Improve your physical and mental health.
- Strengthen your sense of purpose and social connections.
- Sharpen your mind.
- Enrich the lives of other people.

Learn valuable skills

- Fit and Fall Proof™ leaders receive free training and lots of support.
- Improve your leadership skills and build your confidence by leading others.
- Work with a team and be creative as you plan your classes.
- Create the class environment that works best for you and your participants.



What to expect as a volunteer leader

Class sessions are 45 to 60 minutes in length, two or three days per week and take place over 10-week periods.

You'll lead older Idahoans through standard exercises to improve their health.

Feel great about giving back to your community

Make a difference in your community by helping others get fit and prevent falls.

A little time commitment will go a long way. Your contributions are important!

