



Cindy Seiger, PT, Ph.D., GCS, CEEAA  
Associate Professor

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**Classes at the Center in Room 3 on:**

Tuesday - 11:30 to 12:30  
Thursday - 11:00 to 12:30

Cindy Seiger was the founder and leader of the State of Idaho. Fit and Fall Proof™ class at the Pocatello, Idaho Senior Activity Center. She foresaw the multiple benefits of collaboration with the Department of Health and Welfare and the Senior Activity Center to meet the mobility needs of Senior Citizens and educational needs of physical therapy students.

We have received the benefits of a scheduled, class environment that promotes interaction and individual responsibility for our progress. The students have received invaluable experience working with a group.

From the Idaho Department of Health and Welfare site:

The Idaho Department of Health and Welfare envisions older adults living safe, healthy, and independent lives. While falls pose a significant risk to the older adult population, there are preventive measures that can be taken that significantly improve older adult's ability to remain self-sufficient, healthy, and independent in their own homes.

Fit and Fall Proof™ (FFP) helped more than 2,400 Idaho adults stay fit, prevent falls, and form lasting friendships in 2016-2017. There were over 9,300 visits to more than 125 FFP class sites in Idaho. These sites offer classes multiple times per week and throughout the year.

Fit and Fall Proof™ is changing lives! Results for attendees who participated in the pre- and post- Timed Up and Go test demonstrate great improvement in mobility after participating for 10 weeks. New participants show the greatest improvement in mobility.

After a 10-week session of FFP:

- Nearly 7 in 10 participants report improvements in their physical functioning, such as performing activities of daily living or walking.
- Almost 3 in 4 participants report an increase in their energy levels and improved mental health.

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