

MIKE S. RICE, MPH

Central District Health

Fit and Fall Proof™ Coordinator

Masters of Public Health (MPH)

Masters of Sport and Exercise Studies

Mike has earned several specialized accreditations in addition to his formal education. He is a certified Strength and Conditioning Specialist from the National Strength and Conditioning Association, and An Exercise Physiologist and Inclusive Fitness Trainer through the American College of Sports Medicine.

Mike has been a Fit and Fall Proof™ Coordinator for over nine years. In that capacity, He trains volunteer leaders to facilitate Fit and Fall Proof™ exercise classes, which are currently Idaho's leading falls prevention exercise program.

Mike complements his pursuit of physical fitness with personal safety by providing home safety checks for seniors. He enjoys these one-on-one interactions as well as working with groups which he accomplishes by making group presentations on falls prevention and senior safety.

Physical activity and fitness are not just part of Mike's work life. He practices what he preaches. In his off-time, he participates in 5K runs. One of his more unique pursuits is kettlebell competitions. Both allow Mike to lead by his own active lifestyle example.

When he makes time for more mental than physical endeavors, Mike enjoys reading. He likes a wide range of stories including science fiction, philosophy, and psychology. He enjoys movies in these genres as well.

Contact Mike:

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