

Answers to your questions about the Geri-Fit® program

What is Geri-Fit®?

***Geri-Fit** is a 45-minute, evidence-based group strength training exercise class for older adults. The program works at increasing strength and balance and helps improve gait and flexibility. Participants work out with dumbbell weights the entire class time.*

How does Geri-Fit differ from aerobics?

*There's no dancing, jumping, floor work, or choreography to learn in the **Geri-Fit** program. Most of the bodybuilding exercises are performed seated in a chair and classes are guided by a trained and Certified **Geri-Fit** instructor. Even those in a wheelchair can participate.*

Is any special equipment needed?

*No special equipment is needed. Each participant brings their own set of dumbbells, a stretch band, and water. Most people start out using a set of 2 or 3-pound dumbbells depending on their age and fitness level. At some locations, weights are provided to the participants.*

Do I have to be in good shape to enroll?

***Geri-Fit** accommodates all ages and fitness levels - whether this is the first time you have ever exercised or whether you are currently leading an active lifestyle. All the exercises can be modified to suit your fitness level; you'll simply work out at your own pace with dumbbells ranging in weight from 2 to 7 pounds.*

Is Geri-Fit safe to do?

*The **Geri-Fit** program is an evidence-based health promotion program that has met the highest criteria (Tier III). You can be assured that it is proven to be effective at building back strength, balance, and range of motion. It is highly recommended as an ongoing falls prevention program.*

Can I take Geri-Fit if I have medical issues?

*Medical histories and enrollment qualifications should be discussed with your physician before starting. Your doctor will tell you if the program is appropriate for you. Chances are your doctor will highly recommend **Geri-Fit**.*

Can Geri-Fit be used as an ongoing exercise program for chronic disease management?

*Yes! Because you will be exercising on a regular basis, you'll be able to control your Type II diabetes and pre-diabetes as well as manage pain and improve mental health. **Geri-Fit** serves as an excellent lifestyle change program and a chronic disease self management program for those that want to get the most out of life and prevent diseases from developing as they age.*

*Answers continued...*

**When can I expect to see results?**

*All of the exercises are standard strength training exercises that have been proven to increase strength, balance, coordination, and flexibility. Most people begin to notice an improvement after the fourth class.*

**What should I wear?**

*Feel free to wear street clothes or a warm-up suit to class. However, make sure whatever you wear doesn't restrict your movement. You should be able to raise your arms over your head and sit down comfortably. Tennis shoes are required.*

**Is the program ongoing or do we start all over again each month?**

*The **Geri-Fit** program accommodates all fitness levels. If you are re-enrolling in the program, the program will continue where you left off. However, new participants will be given special attention to bring them up to the level of the group. The workout can be made harder or easier by simply doing more or less repetitions per exercise or by using lighter or heavier weights.*

**If I can't make it to class, can I work out at home?**

*The **Geri-Fit** classes are effective when taken twice-a-week on a continuing basis. And, if you are a self-motivated person, and you are able to do the workout on your own a third time a week, you'll reap even more benefits from the program. These same exercises can be performed at home by memory, or by using the **Geri-Fit** workout DVD, or by exercising to the Fall Prevention Exercises handout.*

**If I know I am going to miss some classes, can I get course fees reduced?**

*This decision is based on the location's policy for missed classes. Prorated fees may be available for pre-arranged missed classes. Please discuss your situation with the facility manager or instructor before you register, not after you've missed the classes. There are no refunds for missed classes. At some locations, **Geri-Fit** classes are offered at no charge.*

**How do I register?**

*See the flier or poster at your Center for more information or visit [gerifit.com](http://gerifit.com). Class size is limited to no more than 25, so register early to assure your place in class.*

**What do I do if I have more questions?**

*We will be happy to answer them. Please feel free to search the HELP section on [gerifit.com](http://gerifit.com) or call the facility where **Geri-Fit** is offered.*