

GERI-FIT®

Long-Term Survey Results



According to a recent survey of long-term implementation of the Geri-Fit® program, 76% of the participants enrolled had an overall improvement in their strength. 45% saw an improvement in their balance.

70% were enrolled in Geri-Fit® for over one year. 48% were enrolled for over 3 years. 81% of the participants were between the ages of 65-90. The oldest participant was 96 and the youngest participant was 63. The average age of all participants was 75 years old.

The survey was conducted in November 2016 at three Ohio senior centers where the Geri-Fit® program has been in place for an average of 15 years. 60 participants in the program answered questions about their strength, balance, and the length of time they have been taking Geri-Fit®.

The survey results clearly show that Geri-Fit® is a top tier evidence-based health promotion program that continues to provide participants with long-term measurable health benefits.

Recap of the Results

- ✓ 76% Improved Strength
- ✓ 45% Improved Balance
- ✓ 70% Enrolled over 1 year
- ✓ 48% Enrolled over 3 years
- ✓ Oldest Participant: 96
- ✓ Youngest Participant: 63
- ✓ Average Age: 75

For more information on how to offer this Tier III evidence-based health promotion program at your senior center, AAA, or non-profit,

call:

1-888-GERI-FIT ext.2
(1-888-437-4348 ext.2),
visit gerifit.com, or
email info@gerifit.com

