



Geri-Fit® Instructor License

Geri-Fit® Overview



- Evidence-based group strength training exercise program for older adults of all senior ages and fitness levels.
- Recognized as a Tier III (highest level criteria) evidence-based Health Promotion/Disease Prevention program by the National Council on Aging (NCOA), the Administration on Aging (AoA) and the Administration for Community Living (ACL).
- Requires only a set of dumbbells, a stretch band, and sturdy chairs.
- Pre-qualifications for becoming a certified Geri-Fit® instructor: certified and non-certified individuals that are currently teaching other evidence-based programs or chronic disease management classes, health coach presenters, volunteers, or experience with family caregiving.

**Geri-Fit's Instructor Training Program is approved
for 2.0 CECs by NCCAP and 2.0 CEUs by NSCA.**

Types of people who qualify for a Geri-Fit® Instructor License



- Entrepreneurs who are looking to start their own business offering health education programs to older adults or adding to an already established business as an additional exercise service
- Personal trainers, group fitness instructors, and health coaches
- Evidence-Based Program leaders who are currently teaching fall prevention or CDSME programs as a 1099 vendor or contractor; or
- Physical Therapists, OTs or Nurses who are teaching EBPs at retirement communities, assisted living, skilled nursing homes, or senior centers on a contractual basis
- Member of an elder group who would like to bring this program to their church or faith-based organization
- Tai Chi, Zumba, Body Sculpting™, Matter of Balance®, yoga, or walking instructors who would also like to teach Geri-Fit®

Geri-Fit® License Information



Includes:

- Hard copy, 200-page Geri-Fit® Instructor Training Manual
- 2 online workouts of sample group classes and body part training
- Fast, easy online access to help get you trained and certified right away
- Pre-formatted Geri-Fit® evidence-based lesson plans that can be used for group classes or personal fitness training
- Marketing materials and ads to promote your classes
- Proposals and contracts to help launch your business
- Sample press releases and ongoing online support

Geri-Fit® Instructor License Pricing



Geri-Fit® Instructor License Package

License Cost: \$ 950 + \$16 S/H

Annual license renewal: \$ 150

Training and certification (one instructor): included in cost

Each add'l instructor training: \$ 350 (each)

Why Choose Geri-Fit®?



- Evidence-based, Tier III program
- Ongoing program; participants continue month-after-month while they continue to build strength, improve balance, and manage chronic conditions
- Recognized by the NCOA, ACL, CDSS, NSCA, and Medicare health plans
- Safe and effective, thoroughly tested, research-based program that's been offered nationally for 30 years
- Excellent post-rehab exercise program for hips and knees
- Pre-formatted lesson plans for group classes or one-on-one personal fitness training
- Only need a set of dumbbell weights, a stretch band, and a sturdy chair to participate (participants bring their own weights or weights are provided at the facility)
- Use of Geri-Fit® trademark brand
- Caters to the fastest-growing fitness market: older adults over the age of 70, but any age can still participate
- Freedom to price the program as you see fit; option to offer it free to "Silver" member health plans
- Eye-catching marketing materials
- Turn-key ready, easy training; can be offered within two weeks of training
- Ongoing email and phone support
- Free listing on **gerifit.com**

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ENDORSED

Geri-Fit® Requirements



- Offer classes at a senior center, church, retirement community, yoga studio, hospital, country club, or other approved facility that has an open area with 20 to 30 sturdy banquet style chairs
- License fee: \$950 one time only, then a \$150 annual renewal fee
- Professional Liability Insurance and a Certificate of Insurance naming Geri-Fit Company LLC as an Additional Insured
- Instructor must be certified in CPR (additional certifications may be required by the facilities where classes are offered)
- Instructor must have a computer and internet access and complete the online training and certification program (20-40 hours depending on familiarity with strength training exercises performed with dumbbells),
- All Licensed instructors are required to complete an 80 question online Written Examination in order to receive their Certificate of Completion.



For more information, contact
1-888-GERI-FIT (1-888-437-4348) ext. 2
or visit our Licensing page at gerifit.com