



Geri-Fit[®] Program License Review 2017

Geri-Fit® Overview



- Evidence-based group strength training health promotion 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 NCOA, ACL and the AoA.
- Approved by Medicare Advantage for those 65 years and older.
- Requires only a set of dumbbells, a stretch band, and sturdy chairs.
- Pre-qualifications for becoming a certified GF instructor: knowledge of strength training and experience in either teaching group fitness classes, yoga or personal fitness training, or comparable experience in working with older adults, or health coach presenter, or a college degree.

Geri-Fit's Online Instructor Training Program is accredited by ACE and NSCA and approved for 2.0 CECs / CEUs.

Geri-Fit® Press



Geri-Fit® License Information



Includes:

- Hard copy, 200-page Instructor Training Manual
- Access to online training portal
- Online training and certification for 2 instructors
- 2 dvds: sample group class and body part training
- Eight, pre-formatted lesson plans for group class instruction or personal fitness training (Private Lessons)
- Marketing materials to help promote the Geri-Fit® program
- Free sample press release for program launching, photos, event planning ideas, and ongoing online support

Geri-Fit® License Pricing



Geri-Fit® Single Facility License Package

License Cost:	\$2500.00
Annual license renewal:	\$ 150.00
Online Training (two instructors):	included in cost
Each add'l instructor training:	\$ 315.00

**Discounts available for multiple locations.
Please call for a customized quote.**

Why Choose Geri-Fit®?



- Evidence-based, Tier III program
- Ongoing program; participants continue month after month
- Recognized by the NCOA, AoA, ACL, ACE, NSCA, and Medicare Advantage
- Safe and effective, thoroughly tested, tried and proven program that's been offered nationally for over 20 years
- Excellent post-rehab exercise program for hips and knees
- Eight, pre-formatted lesson plans that help to build strength, increase balance, and prevent falls
- No equipment needed other than a set of dumbbell weights, a stretch band, and a sturdy chair
- Use of the Geri-Fit® trademark
- Caters to the fastest-growing fitness market: seniors over the age of 70
- Freedom to price the program; option to offer it free or low cost to your residents/members (required if using Title IIID OAA funds); may also be used as part of a health club, JCC, YMCA membership package or as a community outreach program
- 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



- Need enough space in an open area, like an aerobics room or community room, and 20 to 30 sturdy chairs (banquet chairs are ideal)
- Need someone to administer the program (instructor)
- In order to offer it free or at low cost to Medicare Advantage members, facility must sign up as a Silver hosting facility (optional)
- License fee: \$2500 one time only, then a \$150 annual renewal fee for each year the facility continues to offer the Geri-Fit® program
- Professional Liability Insurance and a Certificate of Insurance naming Geri-Fit Company LLC as an Additional Insured
- Facility and instructor(s) must have a computer and internet access



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