

What is Geri-Fit®?

◆ **Geri-Fit** is a tier III (highest level) evidence-based health promotion program and chronic disease self-management support program. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process. Any older adult, regardless of their age or fitness level, can participate.

How is Geri-Fit different from aerobics, tai chi, or fall prevention programs?

◆ **Geri-Fit** is a progressive resistance strength training program. Most people start out using a set of 2 or 3-pound dumbbells, but they will eventually progress to using 4 or 5-pound dumbbells (or heavier weights) over time. There's no dancing, floorwork or choreography to learn and both men and women can enroll. Most of the bodybuilding exercises are performed seated in a chair; even someone who uses a wheelchair can participate. In addition to the strength training component, the program incorporates stretching and range of motion exercises, stability and balance training for fall prevention, cardiovascular activity for heart health, and gait exercises to help improve walking.

Does Geri-Fit require any special equipment?

◆ The **Geri-Fit** program requires a set of light dumbbell weights, a sturdy chair, a stretch band, and water to drink during the workout. Each person brings their own set of dumbbells to class or the weights and stretch bands can be provided by the facility.

How many times a week does the class meet?

◆ Most locations offer classes twice-a-week for 45-minutes each time. As the participants become familiar with the **Geri-Fit** workout routine, as an option, they can add a weekend workout that can be done at home by either exercising to the participant handouts, or by accessing the **Geri-Fit Online** digital workouts. This optional third workout will provide them with added benefits and will hopefully lead to self-efficacy.

How long should Geri-Fit classes be offered?

◆ **Geri-Fit** classes are initially set up as three, four week terms (24 classes total), however, the program is really meant to be an ongoing physical activity program that is done throughout life.

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

◆ Yes! Because participants will be exercising on a regular basis, they'll be able to better manage their type 2 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 support program for those that want to get the most out of life and prevent diseases from developing as they age.

What are the minimum and maximum number of class participants?

When first starting out, there may only be a few people interested in taking **Geri-Fit**. However, as classes grow by word-of-mouth and positive class experience, you'll eventually establish a core group of about 12 – 16 regular participants. Class size should be kept under 25 so that the instructor can effectively oversee the group and provide one-on-one correction when needed.

How many instructors are needed to conduct a class?

There is only one instructor needed to teach a **Geri-Fit** class. We recommend having two instructors assigned at each facility so that there is back-up available if/when the regular instructor goes on vacation or needs to take some time off.

Should instructors have any background as a program leader or can we have a volunteer teach the classes?

Although not a requirement, most instructors that teach **Geri-Fit** classes have basic exercise certification in either group class instruction or personal training. However, volunteers, lay leaders, or facilitators that are currently teaching other evidence-based programs or health courses also make fine instructors and they can also become certified to teach the **Geri-Fit** program.

How long does it take to become certified in the Geri-Fit program?

The length of time to go through the accredited online training and certification program varies depending on the instructor's background in weightlifting and their experience in teaching group classes. Most instructors are able to get through the entire certification program in under 20 hours. However, those that are new to exercising with dumbbell weights may need as much as 70 hours in order to complete the online course.

How much does it cost to become licensed?

The license fee for a stand-alone Facility License is \$2,500. This is a one-time cost. To renew the license, there is a yearly fee of \$150 per site.

What if we have more than one location that we want to offer the Geri-Fit program. Do you offer any discounts for a larger license?

Yes! We offer discounted license fees for organizations or groups that plan to offer the **Geri-Fit** program in at least 5, 10, or more facilities. Once you have completed the online License application, we will be able to determine which type of license you're best suited for and we can quote you the exact cost. Please refer to the Traveling and Blanket License options for volume purchases.

What is the cost of training and certification?

◆ The cost of training and certification is included in the License fee. If the main or backup instructor ever leaves your organization, or if you want more instructors trained in the **Geri-Fit** program, there is an additional cost of \$350 per instructor and that includes their **Geri-Fit** Training manual and evidence-based lesson plans, access to the online training, and their Certificate of Completion.

Besides training and certification, what else does the license kit include?

◆ The license provides you with the right to use the federally registered trademark and to conduct the branded program, **Geri-Fit®**. The license kit includes the evidence-based Lesson Plans, participant handouts, poster artwork, marketing ideas, sample press releases, sample waiver wording, the participant survey, the **Geri-Fit** logo, photos, a free listing on **Geri-Fit's** website, and continuous online support.

Is online training and certification our only option or can this training be brought on-site at our facility or senior center?

◆ We do all of our training online. Each of your instructors will be assigned a special login and password which they will use to access the online training content from any computer or device. On-site certification is available at an additional cost.

Once my instructors are trained and certified in Geri-Fit, can they train our future instructors?

◆ No. In order to assure program fidelity is carried out, all instructors are required to successfully complete online training and certification in **Geri-Fit** prior to teaching the program.

Do my instructors have to go through an annual training or are they certified for life?

◆ Although not presently a requirement, we recommend that each instructor maintain their certification by participating in Program Fidelity Training every two years. This can be accomplished online by viewing sample filmed **Geri-Fit** classes and reviewing balance, fall prevention, and strength training exercises that may be incorporated into their classes for fresh program content, added improvements, and enhanced participant engagement. The Program Fidelity Training takes less than four hours to complete and there are no tests required. A Certificate of Completion is available upon completion of the course.

Is there any paperwork or documentation needed for the program?

◆ No. Facilities may want to provide a Waiver of Participation so that participants are aware they will be working out at their own risk. We also recommend that attendance be taken at each class or use a Sign-In sheet.

What does Geri-Fit offer for evaluation and is there an additional cost for this?

After the participants have taken **Geri-Fit** classes for three months (24 classes), we suggest they fill out a Self-Evaluation Survey. This data collection tool is useful in determining the achievement of program outcomes and allows participants to gauge their progress. This Survey is included with the Program License and is suggested to be used at each facility where **Geri-Fit** classes will be taught.

Are we able to adopt evaluation systems that we use for other fall prevention programs?

Yes, you may elect to offer your own evaluation system or pre-evaluation testing prior to starting the **Geri-Fit** program. However, this testing is not a requirement of the **Geri-Fit** License. These standardized tests may include the Squat Assessment (Sit-to-Stand), the timed Get Up and Go, the One Leg Balance test, and other tests that you may or may not want to provide prior to taking **Geri-Fit** and after completing the 24 classes.

Is the Geri-Fit program approved for remote delivery?

Yes! **Geri-Fit Online** is ideal for organizations that are interested in delivering an evidence-based program to home-bound participants. The same **Geri-Fit** lesson plans have been converted to a digitally-streamed workout format... it's like being in an actual **Geri-Fit** class! Special care and detailed instructions are provided so that even new **Geri-Fit** participants will be able to safely follow along during the **Geri-Fit** strength training exercise class. Once an account is created on gerifit.com, the user can log in and exercise to **Geri-Fit** any time they want to exercise.

Geri-Fit also provides licensed facilities with direct access to the links of the pre-recorded workout videos which can be played for a group of people that meet regularly at the senior center, library, or other sites. This concept is especially useful for rural areas where an instructor may not be available to teach a live class.

Does Geri-Fit support Zoom or Facebook group meetings?

Geri-Fit permits the recording of live, instructor-led **Geri-Fit** classes conducted at licensed sites and delivered to a regularly-meeting group of **Geri-Fit** participants while simultaneously broadcasted to home-bound participants via a private link or invite through Zoom, Teams or other social media platform. Any type of planned remote delivery that differs from this method must be pre-approved by **Geri-Fit** before implementation.

Is Geri-Fit available in other languages?

Yes, **Geri-Fit** (Spanish) is available to monolingual Hispanic/Latino facilities that will offer live instructor-led **Geri-Fit** classes and/or remote classes that will be displayed on TVs or computers.

For additional information, call 1-888-GERI-FIT (437-4348).