

Help Manage Chronic Disease *with*

GERI-FIT®

A Tier III Evidence-Based Health Promotion Program

Geri-Fit® is an evidence-based group strength training exercise class for older adults. Participants work out with light dumbbell weights ranging in size from 2 to 5 pounds depending on their age and fitness level. Geri-Fit® helps build strength and balance and most of the bodybuilding exercises are done seated in chairs. The instructor provides one-on-one instruction, when needed, and there is no floorwork, dancing, or choreography to learn. Ongoing classes are held twice-a-week for 45-minutes each time and are led by a certified Geri-Fit® instructor. Geri-Fit® is the perfect evidence-based self-management support program for diabetes, arthritis, COPD, heart disease, and more! Learn more at **Geri-Fit.com**.

Program
licensing is
available to AAAs,
senior centers, counties,
YMCA's, JCCs, and other
non-profits that qualify
for Older Americans
Act (OAA) Title III D
program funding.



For more information, visit our Licensing page at **Geri-Fit.com**
or call 1-888-GERI-FIT (1-888-437-4348 ext. 2).