



Long-Term Program Outcomes

Doctors unanimously recommend strength training as the primary exercise program for older adults that is both effective at building muscle mass and improving balance. Researchers have also identified additional health benefits associated with strength training such as its ability to control high blood pressure, manage diabetes, ease aches and pains, improve mental outlook, and even assist in weight loss.

The Geri-Fit® program, now in its 27th year of continuous operation, has been closely monitored at three locations since its inception in the early 1990's. Some of the original participants, now in their 80's and 90's, are still taking Geri-Fit® classes and have been documented as maintaining good health with low or no incidence of falls.









When a research-based program is offered with proven outcomes, your organization can also expect to see these same program results from class participants.

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

1-888-GERI-FIT ext.2
(1-888-437-4348 ext.2),
or visit **Geri-Fit.com**



Measurable Results

-  76% Improved Strength
-  45% Improved Balance
-  Enrollment for ages 60+
-  Average Age: 75
-  Youngest Participant: 63
-  Oldest Participant: 96
-  70% Enrolled over 1 year
-  48% Enrolled over 3 years

