



**Geri-Fit® Program License Review
2024 / 2025**

Geri-Fit® Overview



- Evidence-based group strength training health promotion physical activity exercise program for older adults of all senior ages and fitness levels.
- Recognized as a Tier III (highest level criteria) evidence-based HPDP program by the NCOA and ACL making it eligible for Title IIID OAA funding.
- Also approved as an evidence-based chronic disease self-management support program [physical activity]
- Requires only a set of dumbbells, a stretch band, and sturdy chairs.
- Pre-qualifications for becoming a certified GF instructor: a strong desire to work with older adults, knowledge of strength training and experience in either teaching group fitness classes or fall prevention programs is a plus. Geri-Fit training is open to certified and non-certified instructors.

Geri-Fit® Press



Geri-Fit® Single Facility 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
- Pre-formatted lesson plans for group class instruction or personal fitness training (Private Lessons)
- Marketing materials to help promote the Geri-Fit® program
- Take-home class handouts, attendance forms, customized flyers, participant surveys (for program outcome reporting)
- 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:	\$2,500.00
Annual license renewal:	\$ 150.00
Online Training (two instructors):	included in cost
Each add'l instructor training:	\$ 350.00

Discount pricing is available when purchasing 10 or more Geri-Fit Facility Licenses. Please call for a customized quote. Ask about our Statewide Licenses, Blanket Licenses, and Traveling Licenses.

Why Choose Geri-Fit®?



- Evidence-based, Tier III program
- Ongoing group classes or optional 12-week program
- Recognized by the NCOA, ACL, NSCA, and Medicare Advantage plans
- Safe and effective, researched-based, thoroughly tested and a proven program that's been offered nationally for nearly 30 years
- Excellent post-rehab exercise program for hips and knees
- Pre-formatted lesson plans that help to build strength, increase balance, improve ROM & 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: adults 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 a large meeting room, aerobics room or community room, and 20 to 30 sturdy chairs (banquet style chairs are ideal – no arms)
- Stretch bands (available at gerifit.com)
- Weights (participants bring their own or your facility can order these)
- Need someone to administer the program (instructor)
- Single Facility License fee: \$2500 one time only, then a \$150 annual renewal fee for each year the facility continues to offer the Geri-Fit® program (discounted price if 10 or more facility licenses are purchased)
- Facility and instructor(s) must have a computer and internet access



For more information, contact
1-888-GERI-FIT (1-888-437-4348) x2
or visit our Licensing page at gerifit.com