

GERI-FIT®

Long-Term Program Outcomes

Fall prevention is recognized as one of the best ways to assist older adults in maintaining independence and quality of life as they age. Geriatricians unanimously recommend strength training as the primary exercise program that is both effective at building muscle mass and improving balance. Researchers also have identified additional health benefits such as controlling high blood pressure, managing diabetes, easing aches and pains, and even assisting in weight loss.

Geri-Fit® is a group exercise program that is recognized as an evidence-based health promotion / disease prevention program. This guarantees that your organization is offering a quality program that will provide positive results within a short time frame.

The Geri-Fit® method, now in its 23rd 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. See the statistics to the right that were compiled from results obtained in 2016 and 2017.

When a proven, ongoing evidence-based physical activity program is added to your program offerings, your organization can expect to see these same program outcomes in class participants.

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

1-888-GERI-FIT ext.2
(1-888-437-4348 ext.2),
visit gerifit.com, or
email info@gerifit.com



Measurable Results

- ✓ 76% Improved Strength
- ✓ 45% Improved Balance
- ✓ Enrollment for ages 55+
- ✓ Average Age: 75
- ✓ Youngest Participant: 63
- ✓ Oldest Participant: 96
- ✓ 70% Enrolled over 1 year
- ✓ 48% Enrolled over 3 years

