

F.I.T. Exercise Programs

Consider how over the years you regularly performed maintenance on your home, and on your car. Shouldn't you also perform maintenance on your most valuable asset – *Your Body*?



The phrase "If you don't use it, you lose it" begins

to ring true as we move into our autumn years of living. Establishing and keeping a routine of daily maintenance is essential for aging with greater ease.

Functional Integrative Training (F.I.T.), when performed correctly, will lead to better joint mobility and stability, as well as more efficient motor patterns.



Improving these factors decreases the potential for risk of injury. Our goal is to support our 55+ clients by helping them

to maintain and gain the ability to function each day with greater ease.

F.I.T. programs involve activities targeted at core muscles of the abdomen, mid and lower back, footwork, leg strengthening, balance, mobility, multitasking and stretch to target and isolate specific muscles. These exercises and modalities are safe interventions for all levels of older adults; those that are healthy and for those with chronic conditions that may feel impeded by traditional exercise movements.



The uniqueness of the F.I.T. exercise programs are that they are designed to incorporate training that supports our circulatory system, respiratory system and nervous system which controls all of our life functions.

Results will vary with each participant. Always contact a physician before beginning an exercise practice.

F.I.T. Exercise Classes

Our certified instructors go into facilities and teach group exercise classes where each workout is designed to increase and sustain functional strength, practice fall prevention, release tension, and rehearse strategies of 'common place' activities that are no longer 'common place'. This



is achieved by incorporating evidence-based exercises that build strength and flexibility of both joints and muscles along with Integrative Breathwork techniques.

F.I.T. Safe At Home 1-1 Exercise Program

Working out 1 to 1 with a F.I.T certified personal trainer we specialize in helping you regain and maintain your functional strength.

Functional fitness trainers adapt and develop exercises which allow



individuals to perform the activities of daily life more easily and without injuries. We incorporate task specific training techniques which involve training of basic

functions, skills and endurance (muscular and cardiovascular).

This individualized personal training method positively supports older adults of all levels; those who have suffered from, or may have Dementia-Alzheimer's, Parkinson's, Arthritis, Stroke victims, heart disease, Diabetics, COPD, High Blood Pressure, are wheelchair or even bed bound... We work with them to *regain and maintain* a greater quality of life.

F.I.T. On-The-Go

We go to your place of business and



teach a functional fitness training class for your team in the

workplace or for family meetings/marketing events.

Activity times customized to your work schedule, taking place before, during or after business hours. Employers may offer subsidized programs for the wellness of their employees or employees pay out of pocket. All classes are structurally designed to address the sedentary lifestyle that is a result of our modern lifestyle.

Call us today to set up a consultation to see if this program is right for you, your loved one or your community.