



# We want to create a Fitness Plan that FITS YOU!

CareMore is passionate about health, and focused on personal service. That's why we're so excited to find new ways to help keep you in shape!

One amazing example is our partnership with Nifty after Fifty®. Created by a doctor, Nifty after Fifty® helps you keep or regain strength, flexibility, and balance. This is no ordinary gym—it's a unique approach to wellness with personally supervised fitness programs that help you maintain your independence and increase your zest for life.

## 3 Nifty Tips



### **Don't start without an assessment!**

During your first visit to a Nifty after Fifty® center, your fitness level is assessed by one of our qualified fitness coaches, with special training in the needs of mature adults.



### **Don't just focus on cardio!**

Cardiovascular health is important, but our supervised full-body fitness approach will also help you build strength, balance, and flexibility, with a program that's customized specifically for you.



### **Don't do it alone!**

People always say one of their favorite parts of our fitness plans is the friendships that form as we stay healthy together.

# See positive changes in your health and have fun doing it!

“

Nifty is wonderful for my husband and I. Our children are glad to see us strong and healthy at ages 87 and 84. This healthy and social activity is part of our daily lives.

”

— *Julianne G.*

## **Nifty after Fifty® services include:**

- Prescribed Health Programs that address specific chronic conditions
- Fall Free® to enhance balance, flexibility, and mobility
- Togetherness Program: Social connections
- Group exercise classes

**A healthy plan tailored just for YOU, in a community you'll love—join the fun NOW!**