



NIFS Consulting—helping your program go from good to GREAT!

Fitness management services are the foundation of our business but we also offer an array of consulting services to support communities. While it isn't quite the same as having our qualified staff on the ground, many clients have found a consulting partnership with NIFS to be advantageous by connecting with an industry-expert who can provide them with the direction and resources to elevate what they are providing their residents.

5 Consulting Opportunities with the Experts:

- 1. Facility Layout and Design:** As operators of fitness centers across the country, we know how to make spaces flow for improved resident experience and overall function. We also have national buying power with top equipment manufacturers to bring your facility the right equipment. Whether it's a fitness center or pool, we can help you identify the right pieces of exercise equipment for an expertly designed space.
- 2. Staff Hiring and Training:** Finding the right people is at the heart of what we do and our vetting process helps us find the best of the best to serve an older adult audience. If you are looking for support in recognizing fitness qualifications and making the right hire for your community, NIFS can lead your interview process. We can also aid in the training for your new team member to get them on the right path.
- 3. Wellness Program Design:** We know how to break down the silos and bring enrichment, health services, fitness, rehab, food and beverage, spiritual services, etc., together for seamless programming that is both seen and felt by your residents. Conceptually, many communities struggle getting these key stakeholders in resident well-being collaborating with a unified vision and we can help.
- 4. Data Collection and Evaluation:** It's difficult to determine how effective your programs are and how many people you are reaching if you don't have data to evaluate. We can help your fitness staff develop an efficient system to track participation data, identify key benchmarks to evaluate over time, as well as how to craft SMART goals to continuously strive towards program enhancements.
- 5. Fall Prevention:** Residents understand how important it is to engage in fall prevention programming. Developing a robust balance training program both within a group calendar as well as on a one-on-one basis requires strategic planning to provide options that appeal to all resident fitness needs and ability levels. NIFS can assess your current offerings while providing key recommendations to make fall prevention programs a cornerstone of your fitness center.

To find out more about bringing NIFS consulting to your community, visit our website wellness.nifs.org or contact Emily Davenport at 317-274-3432 or by [email](mailto:emily.davenport@nifs.org).

Like us on Facebook and find us on Twitter! Follow @NIFSFitnessMgmt

