

NIFS Wellness Companion WHEN YOU HIRE THE EXPERTS

When you hire the experts, you infuse your life enrichment department with our 20+ years of experience engaging residents in wellness programs in senior living communities. Our Fitness Management Services take the legwork and guesswork out of who to hire, how to program, and what equipment can best benefit your residents, and you are included in every part of the process. We pride ourselves in not being your average contractor as our staff integrate with your community, learn your culture and truly become part of your team!

1. Staffing

We know how to hire fitness professionals. Supporting our great people is the bread and butter of what we do and the skillset needed to support the ranging needs and interests of your residents is vast. Our nationwide reach and experience vetting both the hard and soft skills for the position help us find the most passionate professionals in the business to serve your residents. And our staff development helps these team members further deliver their skills in aquatics, fall prevention, memory-care, Parkinson's programming, fitness assessments, balance programming, and customized exercise plans. In fact, our staff report that they enhance their specialization in senior fitness by 75% when joining our team! **We invest in our people so they can pour into your residents.**

2. Programming

Our team of fitness professionals across the country network ideas to help bring your community the latest and greatest. Fitness is a trendy industry, and our team is regularly collaborating to develop new programs and share best practices with one another. One of the most common things we hear from communities is they run out of ideas or the time to sit down and regularly plan new challenges, workshops, incentives, and classes. With NIFS arsenal of programming expertise, your fitness staff are plugged into endless ideas and inspiration to keep your residents engaged. Our team is tracking engagement data on the impact of these programs and regularly evolving what we do to reach more residents and engage them more frequently in exercise. **Our creative approach following evidence-based practices keeps fitness fun for your residents while helping them meet their goals.**

3. Equipment & Design Support

We help our clients make informed decisions on where they spend their capital dollars as they invest in their fitness amenities. We have relationships with the major equipment manufacturers and can shed light on not only makes, models and features that are best suited to active older adults, but we can help with your layout needs. Not all equipment will provide the safety and comfort your residents desire and **our expertise helps you choose the right assortment of cardio, strength, balance and flexibility equipment with a layout that gives your space the function and flow it needs.**

Not all fitness programs are created equal. When you partner with the experts, we help your community stand out from the competition and create distinction as a senior living provider committed to helping their residents champion their health and well-being. It is evident in the people we hire, the creative impact of our programming, and in the equipment and layout of your space that truly serves your residents.

To find out more, visit our website wellness.nifs.org or contact Emily Davenport by phone at 317.274.3432 or by [email](#).

