

NIFS Wellness Companion WHEN YOU SUBSCRIBE TO THE EXPERTS

When you subscribe to the experts, you infuse your fitness program with a boost of NIFS resources while utilizing your own staff. NIFS Wellness Companion provides your community with fresh content and programs in fitness, health and nutrition every single month, so your wellness staff is out serving your residents and not scratching their heads on what to plan or write next.

If you have the enthusiasm and desire for expanded wellness offerings, NIFS Wellness Companion is a great tool to equip your team.

1. Expert Staff

The professionals who develop and write the content in NIFS Wellness Companion are actively working in senior living communities across the country. They develop some of the most thoughtful and creative programs, articles, and tips to educate and engage their residents. When residents are informed, they are empowered and your community will have the confidence that the content and programs in Wellness Companion are developed by our team of senior fitness specialists and registered dietitians who understand the goals, interests and passions of active older adults.

2. Variety & Autonomy

Residents crave education on topics that will enhance their wellbeing and help them live well. Your community can feed this appetite with health and fitness blogs, articles, and hands-on experiences every single month. Help your residents stay on top of new trends and research so they can champion their health by reading and participating in engaging nutrition and fitness programs. You will also be able to provide residents with more autonomy in how and when they exercise. NIFS digital fitness library and Grab-n-Go workouts will provide your residents with options in their busy lifestyle.

3. Engagement Strategies

Wellness Companion not only provides your community with professionally written articles, engaging nutrition programs, and creative fitness classes, but we provide tips of the trade and creative know-how to inspire how you implement the resources for your residents. It will require someone to take the lead at your community to successfully schedule and use the content as a wellness champion for your residents, but the calendars and creative know-how built into Wellness Companion will help them integrate the content in both the print or digital platforms used by your residents in no time.

NIFS Wellness Companion is a great solution for a fitness coordinator who struggles to find the time or fresh ideas to consistently update their calendar and programming. It's also a great solution for communities who don't have a dedicated fitness professional as the content can easily be utilized by a life enrichment director who is tasked with delivering quality wellness programs to their residents. Subscribe today to instantly access NIFS Wellness Companion content and start improving the lives of your residents! Enterprise pricing also available for multi-community operators.

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

