



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

Fitness management services are the foundation of our business but did you know we also offer an array of consulting services to support communities who do not staff with us? While it isn't quite the same as having our qualified staff on the ground at your community, many clients have found a consulting partnership with NIFS to be advantageous in connecting their own staff, amenities, etc., 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 a creative and expertly designed space.
- 2. Staff Hiring and Training:** Finding the right people is at the heart of what we do and our interview and 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 process for your newly hired team member to get them on the right path and connected to NIFS resources and programming materials.
- 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 stake holders in resident well-being collaborating with a unified vision and we can help you bridge this into reality.
- 4. Data Collection and Evaluation:** It's difficult to determine how effective your programs and services are and how many people you are reaching consistently if you don't have data to evaluate. We can help your fitness staff develop an efficient system for tracking participation data, identify key benchmarks to measure and evaluate over time, as well as how to craft SMART goals to continuously strive towards program enhancements.
- 5. Group Fitness & Balance Programming:** Residents love their group fitness classes and the socialization that comes with it exercising with their neighbors. They also understand how important it to engage in balance and fall prevention programming. Developing a robust group fitness program and offering a variety of balance training programs both within that group calendar as well as on a one-on-one basis requires strategic planning to provide options that appeal to all resident needs and ability levels. NIFS can help assess your current offerings while providing key recommendations on developing a truly robust calendar of programs.

***To find out more about bringing NIFS group fitness classes to your community, visit our website [wellness.nifs.org](http://wellness.nifs.org) or contact Emily Davenport at [edavenport@nifs.org](mailto:edavenport@nifs.org) or by phone at 317-274-3432.***

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