



# CONSULTING FOR SENIOR LIVING COMMUNITIES



***We can help your program go from good to great!***

When we work with senior living clients on wellness consulting, we're careful to make sure we understand your community and what improvements you want to make.

We can work specifically within your fitness program, or we can address a broader whole person wellness strategy that includes your exercise program and traditional activities.



# Hiring Credentials

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***Your staff shouldn't just be offering services, they should engage with residents.***

We help communities hire their own qualified fitness professionals. It's not enough to have a fitness room with some equipment and group classes on the schedule. Today's prospects expect qualified staff who can help them exercise safely and smartly.

# Facility Layout and Design



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***Residents are counting on your new fitness center to work for them.***

We have designed dozens of client fitness centers with diverse equipment options that meet the needs of active older adults.

Whether your fitness center project is part of brand new construction or you're overhauling your current facility, you need to get it right the first time with a functional layout and the right equipment.

# Fitness Center Programs



Your residents deserve the very best. NIFS provides engaging services along with comprehensive fall prevention programming that invites residents to participate while they learn something new, build confidence, and experience life.

We help your community foster collaboration for improved programs and services, including organization structure.



# Group Fitness

***Crafting a diverse and balanced group fitness calendar reaches the needs and interests of more residents in your community to provide the socialization they love in a group setting.***

Residents love classes and we can ensure your group fitness calendar provides the right balance of aerobic, mind/body, strength and balance work while recruiting quality instructors to provide an engaging and safe environment.

# EXPERTISE

## Makes Our Approach Unique

- ◆ Facility layout and design services
- ◆ Fitness management services
- ◆ Group fitness programming
- ◆ Consulting services

**Providing Fitness Services and Programming  
to Companies and Senior Living Communities Across the Nation.**

For over 30 years NIFS  
has provided more than

**4,500**

**Corporate Fitness &  
Wellness Programs**

## **FITNESS MANAGEMENT**

**45 Corporate & Senior Living  
Communities in 14 States**

**29,000+**

**Active Aging Balance Classes**  
Across 26 Senior Communities

**Find out more about bringing NIFS Consulting Services  
to your community.**

**I'm Interested**

**or contact Emily Davenport by email or by  
phone at 317.274.3432 for more info.**



*National Institute  
for Fitness and Sport*