

ABOUT OUR ENGAGING PROGRAMMING





1 on 1 Services



Residents receive a tailored approach in their fitness journey with NIFS individualized services. From fitness or balance assessments to evaluate their current abilities to customized exercise plans, residents are supported on a path to wellness to help them achieve their goals.



Fitness Programming



MIND BODY
FUSION



National Institute for Fitness and Sport

Our degreed and qualified staff have access to a robust library of NIFS best practice programs to engage your residents in your fitness center. From exercise challenges, wellness workshops, and brain fitness programs, residents are supported on a path to wellness helping them achieve their goals.



Signature Programming

National Institute for Fitness and Sport

Balance
Redefined move more
live well
TM

BOLD
MOVES A Parkinson's
Program by NIFS
TM

Pathway to
flexibility
TM

NIFS Signature Programs create true distinction for your community fitness program. Through evidence-based practices and specialized certifications for our staff, NIFS Signature Programs provide your residents with comprehensive fall prevention services, customized programs for residents with Parkinson's Disease, and tailored stretch training.



Signature Programming

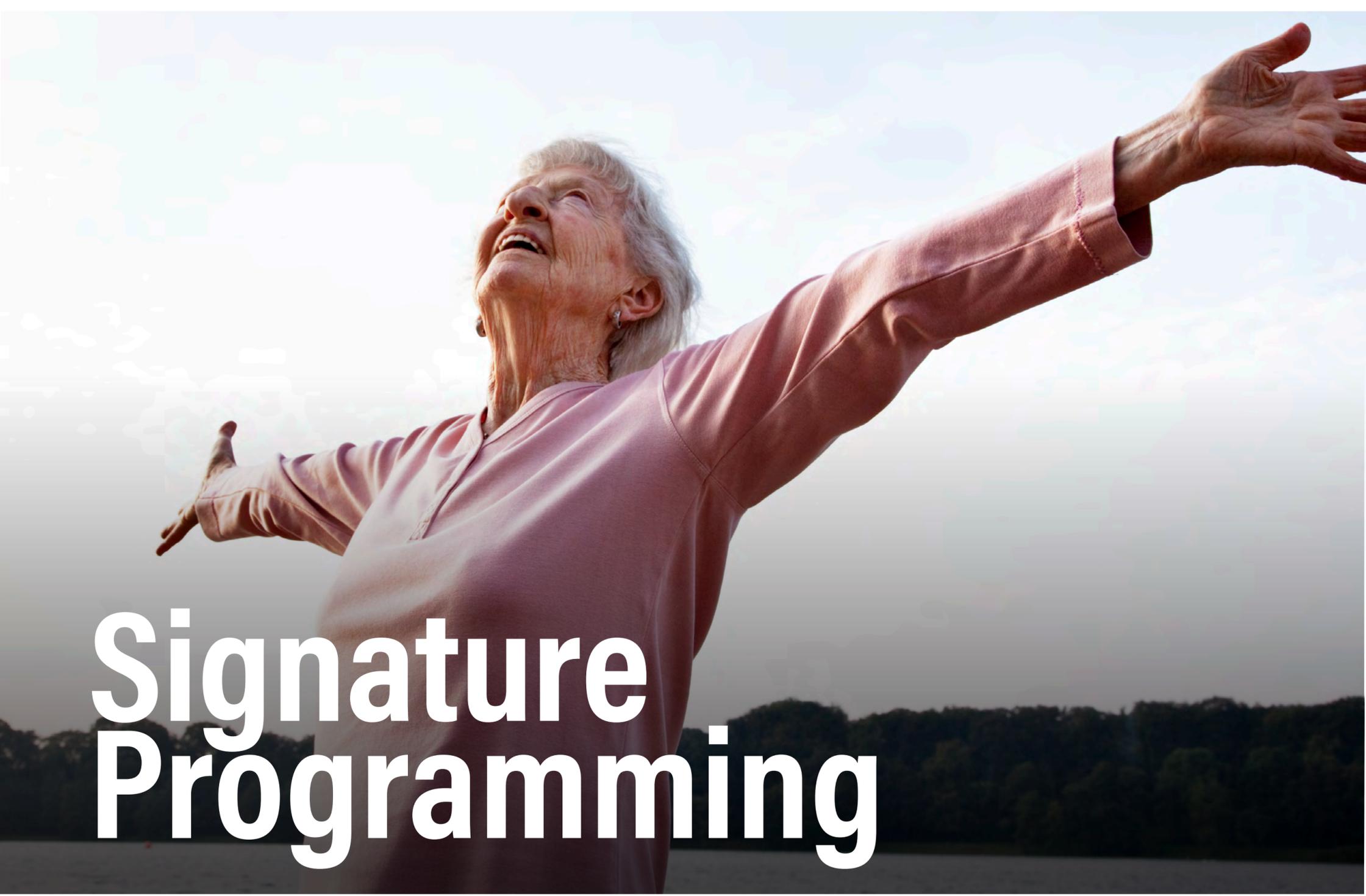
National Institute for Fitness and Sport

Balance

Redefined move more
live well

TM

Fall prevention programming should be a cornerstone offering in your senior living fitness program. Aimed at not only improving residents' physical abilities but also their confidence and peace of mind.



Signature Programming

Bold Moves provides residents with Parkinson's Disease with dedicated fitness programs and services, support groups and education. Derived from evidence-based research in the field of Parkinson's Disease combined with the programming expertise of NIFS, your residents have a program they can be confident in and your community has a marketable service to share with prospects.





Signature Programming



Stretch training is a great way to help residents improve flexibility and relieve tension and pain. This six-week program provides residents with a customized stretch plan and complimentary weekly appointments with NIFS staff who have attained specialized training on muscle and fascia stretching.



Group Fitness

Our qualified staff are ready to help your residents move safely and effectively while enjoying the socialization provided in a group setting.

Residents love classes and we create a robust group fitness schedule that spans the ranging needs and interests of your residents. NIFS group fitness schedules accommodate varying intensity levels for participants while ensuring the appropriate balance of aerobic, strength, mobility and mind/body classes are readily available to residents throughout the week.

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 Engaging Programs 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*