

Improving

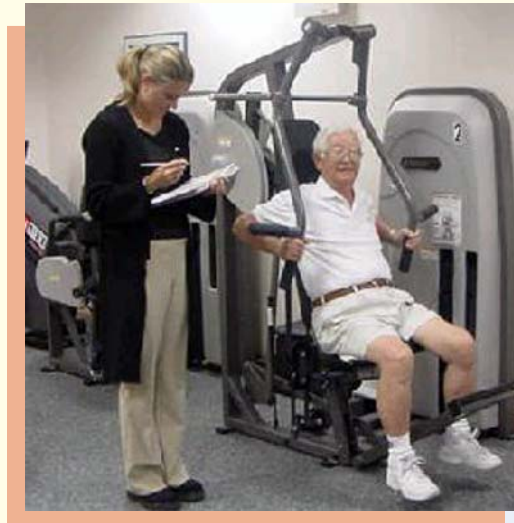
Strength

Balance

Flexibility

Mobility &

Independence.



Rogerson Fitness FIRST, a state-of-the-art fitness program designed just for elders, offers:

- Convenient On-Site Locations
- Professional Instructors
- State-of-the-Art Nautilus Equipment



ROGERSON Fitness FIRST

A wellness partnership with Alliance Rehab

For more information
call 617-469-5876 or
email fitness@rogerson.org

ROGERSON COMMUNITIES

Main Office
One Florence Street
Roslindale, MA 02131



ROGERSON

**Fitness
FIRST**

*Fun In Resistance and
Strength Training*

A wellness partnership
with Alliance Rehab





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A little exercise can go a long way to helping everyone feel his or her best. The Rogerson Fitness FIRST program recognizes that for older adults, feeling their best is also a way to enhance health and increase independence.

Our program encourages participants to perform a range of exercises designed to meet their individual goals for:

- Strength
- Balance
- Flexibility
- Mobility

Elder-Focused Exercise

We use Nautilus equipment that is specially created for elders and we focus on exercises that are designed to improve one's abilities to perform daily living activities.



Everyone feels better after exercising!

What types of exercises will I be doing?

At the fitness center, you'll use Nautilus machines, hand weights, thera-bands, balance equipment and much more! Professional instructors will design an individual fitness program that is not only fun and safe, but that meets your goals and abilities. A typical 30-minute session meets twice a week.

But I haven't exercised in years. Isn't it too late to start now?

Absolutely not. Anyone can enjoy a little physical activity! Our fitness professionals will work with you to design an exercise program that operates at a pace and style that works for you.

The Benefits of Exercise

- Enhance balance and flexibility
- Lower risk for falls and injuries
- Decrease arthritic pain
- Lower blood pressure
- Sharpen mental skills
- Increase immunity
- Strengthen heart and lungs
- Boost self confidence
- Develop coordination skills
- Improve quality of sleep
- Increase strength and mobility
- And much much more!

Join Us.

Professional Instructors.

An exercise physiologist manages the program, overseeing a certified fitness specialist, and conducting fitness evaluations and training sessions.

On-site Locations.

Fitness staff work with residents and day center participants on high-quality Nautilus equipment in familiar surroundings.

Partnering with Physicians.

Clearance is obtained from each participant's physician before beginning the program.

Work-Outs.

Fitness instructors hold small group workouts twice a week. Each 30-45 minute session is designed to help participants meet their individual fitness goals.