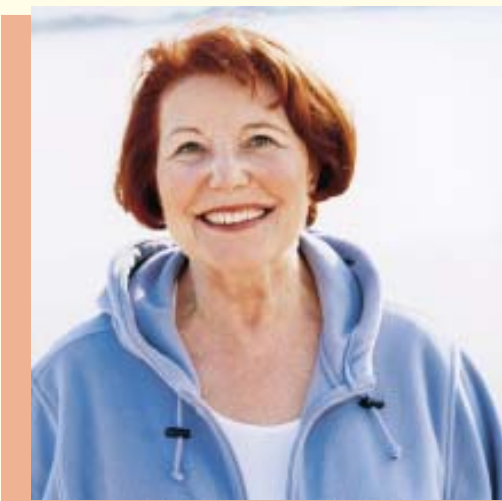


Improving
Strength
Balance
Flexibility
Mobility &
Independence.



Rogerson Fitness FIRSTSM, 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 FIRSTSM

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
FIRSTSM

*Fun In Resistance and
Strength Training*

A wellness partnership
with Alliance Rehab



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.