



# Make a measurable difference with SeniorFITness.™

At Symbria Rehab, we understand how critically important it is to support independence, safety, and quality of life for the residents in your community.

Our performance-driven SeniorFITness program is designed—and continually enhanced—by leading experts in senior exercise and wellness to improve strength, balance, mobility, and cognitive health. It can easily be customized for residents in any setting from skilled nursing to assisted living to independent living as well as in the larger community.

## Life-changing results for your residents.

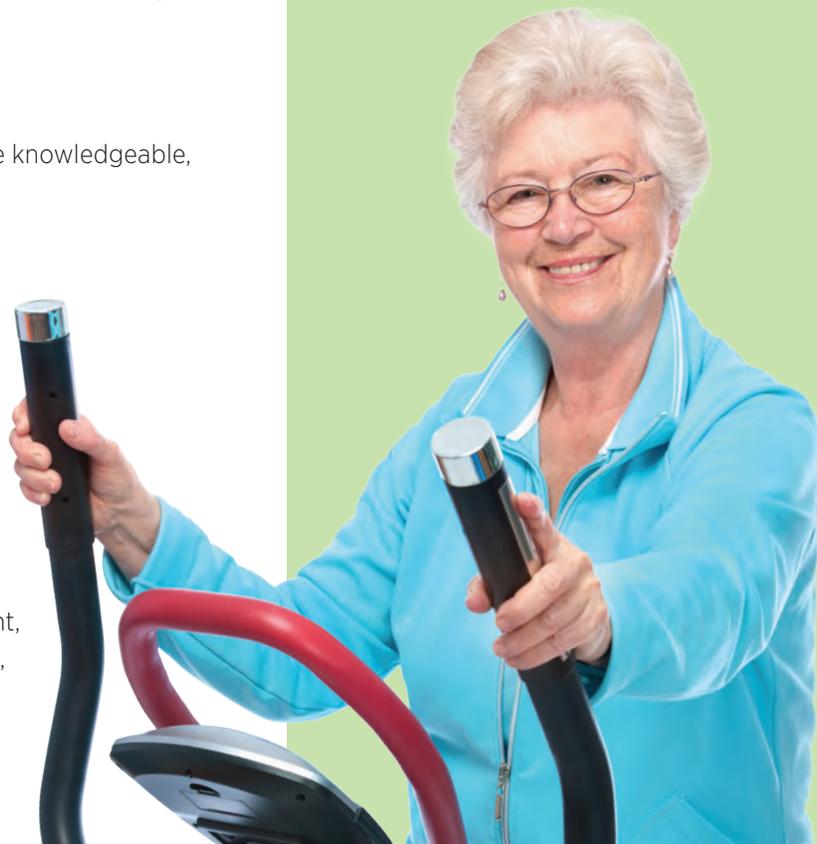
Our experienced SeniorFITness program directors provide knowledgeable, supportive guidance for every SeniorFITness program.

Certified exercise physiologists and other wellness team members work hand-in-hand with residents' personal physicians to ensure a well-informed, well-coordinated approach that:

- 1 **Sets and achieves** personalized functional goals.
- 2 **Addresses specific medical conditions** such as arthritis, diabetes, and dementia.
- 3 **Custom-tailors exercise sessions** using a wide range of options including state-of-the-art fitness equipment, personal training tools, seated and standing exercises, aquatic programs, and cognitive skill-building.

## SeniorFITness advantages:

- Customized for seniors in every setting
- State-of-the-art equipment
- Certified exercise specialists
- Personalized functional goals
- Coordination with physicians



Learn more about how our proven SeniorFITness wellness program makes life better for your residents.

Call **630.413.5800**  
or visit **www.symbria.com**



## Healthy outcomes for your residents and your community.

Take advantage of these SeniorFITness benefits that contribute to the health of your residents and your community.

- Improve quality of life for your residents.
- Support your residents before and after rehab.
- Lower the risk of falls and reduce injury-related expenses.
- Keep residents fitter, less likely to decline, and more likely to stay out of the hospital.
- Boost the appeal of your community
- Take advantage of the competitive edge that comes from a clinically based program that delivers proven outcomes.



SeniorFITness is a program of



## Symbria Rehab. Forward-thinking teamwork.

Integrity and compassion have always gone hand-in-hand with our commitment to innovative initiatives. Established in 1999, Symbria Rehab now encompasses multiple joint venture partnerships, a growing client base of close to 200 post-acute care and senior-living communities, and a staff of nearly 2,000 therapy and fitness professionals in more than a dozen states.

Find out more about how our proprietary SeniorFITness wellness program can help your community compete better.

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