

770-356-9529

Encouraging seniors to stay fit and active!

BALANCE

By improving your balance, the body can react to changes in your environment and adjust to prevent you from falling.

STRENGTH

Getting stronger helps you stay independent and carry out your everyday activities such as climbing stairs, carrying groceries and playing with your grandchildren. Strength training can improve your bone density.

FLEXIBILITY

Stretching relaxes your muscles and increases blood flow and nutrients to your muscles. Improving your flexibility improves your posture and helps to prevent injuries.

CARDIO

Improving your cardio-vascular fitness makes you fit in order to carry out your everyday activities with ease. Getting fit helps to prevent or delay many chronic diseases that are common in older adults such as diabetes, heart disease, and osteoporosis.



Emery Fit is breaking down barriers to senior fitness!

The most common barriers to a regular physical activity routine as a senior is lack of motivation and not having the right resources and equipment.

Emery Fit's Senior Program is a fun and energizing fitness program designed for adults over 60 years of age. The program is individually designed according to their age, ability and fitness level. After each person is assessed we start where they are physically and work towards specific goals to improve everyday living. Our senior fitness specialists will have all the equipment needed and are dedicated to motivating seniors to take control of their health through fitness and exercise.

For More information contact Leah Murphy at 770-356-9529 or leah@emeryfit.com

*Always check with your physician before starting a new fitness program.