



WHY CHOOSE TOUGHAGERS® ?

ACTIVE OLDER ADULT APPROVED

Developed with input from older adults, this program meets their unique preferences, promoting engagement and enjoyment while fostering a supportive community for long-term participation in fitness activities.



RESEARCH-BASED APPROACH

The ToughAgers@ program uses research-backed strategies to enhance older adults' physical and mental well-being through safe, effective workouts.



INSTRUCTOR FLEXIBILITY

This program offers instructors an easy framework. By following research-backed guidelines, they can infuse their unique education and personality into classes & sessions, creating a fun environment for themselves and participants.



2025 CEUS:

0.6 NASM, 6.0 AFAA,
6.0 ISSA, 6.0 ACSM, &
6.0 SCW

ToughAgers® Active Older Adult Fitness is a Trademarked Program that aims to provide fitness professionals the framework and guidelines to create fun and beneficial classes and training sessions that support active older adults' ability to thrive.



408-367-3247



toughagers.com



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Join us in transforming lives—empower older adults to embrace fitness and vitality while bringing your unique passion and expertise to the forefront!

SIGN UP TODAY



TOUGH AGERS LLC

TOUGHAGERS® ACTIVE
OLDER ADULT FITNESS



EMPOWER
AGING!

TOUGHAGERS®

Education and Program

JOIN THE MOVEMENT!

PROVIDING ALL ASPECTS OF FITNESS



CARDIO TRAINING



BALANCE TRAINING



RESISTANCE TRAINING



CORE & FLEXIBILITY TRAINING



SAFE & EFFECTIVE ACTIVE OLDER ADULT FITNESS



SPECIAL POPULATIONS EDUCATION WITH PROTOCOLS FOR WORKING WITH PEOPLE DIAGNOSED WITH OSTEOPENIA, OSTEOPOROSIS, AND KNEE OSTEOARTHRITIS



HOW TO BECOME A TOUGHAGERS® INSTRUCTOR.

● COMPLETE THE COURSE 1

Sign up for the Toughagers® Active Older Adult Fitness Course (online self-paced or live workshop) and complete the quiz, scoring 80% or higher.

● SIGN THE TRADEMARK AGREEMENT 2

Agree to the ToughAgers® trademark licensing terms to officially represent the brand.

● ACCESS THE EXERCISE LIBRARY 3

Join the ToughAgers® Instructors' Exercise and Choreography Library, featuring a wide range of exercises with quarterly updates.



YOU ARE NOW A 4

TOUGHAGERS® INSTRUCTOR!