

SingFit: A Powerful Tool for Family Engagement



Experience joyful, therapeutic singing with your loved one

ToughAgers is partnered with SingFit, an easy-to-use app that enables older adults, caregivers and families to engage in singing sessions for their health and wellness. Clinical studies have found active singing helps reduce anxiety, depression and agitation for seniors, including those with dementia and other forms of cognitive decline. With its selection of popular songs from the 1920s through the 1970s, SingFit uses the participant's favorite songs to help them achieve the maximum benefits of music as medicine. Thanks to the app's Lyric Coach, there's no need to memorize or read the lyrics—just listen and sing!



**20%
OFF**
PROMO CODE
TA20

Ready for a fun and easy way to connect with a loved one through the power of music? **Unlock savings with promo code TA20 and enjoy 20% off your SingFit STUDIO subscription fee.**



To sign up with your promo code, go to [SingFit.com](https://singfit.com) or scan the QR code to get started!

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