



Mobility Trainer

Combining the power of free movement with 12 points of elastic resistance, MoveMor® makes it easy to strengthen sensory and neuromuscular weaknesses to improve proprioception and balance, finally addressing the underlying cause of falls.

YOUR MOBILITY IS OUR PRIORITY

Our core mission is to empower people to move freely and live fully, driven by the positive changes individuals experience and community success stories.

Proven Results

- ✓ Better Balance
- ✓ Increased Leg Strength
- ✓ Greater Ankle Flexibility
- ✓ Increased Independence
- ✓ Improved Continence
- ✓ Reduced Fall Risk

Contact Us for more information **303-515-7070**



Resistance Dynamics, Inc.
info@MoveMor.com



Our Location
Littleton, CO 80129



TOUGH AGERS
LLC

Vision

We envision a future where every older adult embraces fitness as a fundamental part of living a vibrant and fulfilling life. We are committed to empowering individuals to stay active, pursue their interests, and find joy in their journey toward better health.



Older Adult Fitness



MoveMor® Mobility Trainer

- Enjoy \$50.00 off one MoveMor® Mobility Trainer with code: TOUGHAGERSVIP
- & 10% off accessory items or replacement parts with code: TOUGHAGERS.



Tough Agers LLC

- Personal Trainer: On-Location & Virtual
- Group Fitness Instructor: On-Demand and Zoom
- Fit Pro Education



Why Choose Us?

Tough Agers LLC provides all aspects of fitness to support older adults ability to thrive.

- ✓ Cardio Training
- ✓ Resistance Training
- ✓ Balance Training
- ✓ Core & Flexibility Training

Contact Us



408-367-3247



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