

## What is Geri-Fit®?

◆ **Geri-Fit** is a tier III (highest level) evidence-based health promotion program and chronic disease self-management support program. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process. Any older adult, regardless of their age or fitness level, can participate.

## How is Geri-Fit different from aerobics, tai chi, or fall prevention programs?

◆ **Geri-Fit** is a progressive resistance strength training program. Most people start out using a set of 2 or 3-pound dumbbells, but they will eventually progress to using 4 or 5-pound dumbbells (or heavier weights) over time. There's no dancing, floorwork or choreography to learn and both men and women can enroll. Most of the bodybuilding exercises are performed seated in a chair; even those in a wheelchair can participate. In addition to the strength training component, the program incorporates stretching and range of motion exercises, stability and balance training for fall prevention, cardiovascular activity for heart health, and gait exercises to help improve walking.

## Does Geri-Fit require any special equipment?

◆ The **Geri-Fit** program requires a set of light dumbbell weights, a sturdy chair, a stretch band, and water to drink during the workout. Each person brings their own set of dumbbells to class or the weights and stretch bands can be provided by the facility.

## How many times a week does the class meet?

◆ Most locations offer classes twice-a-week for 45-minutes each time. As the participants become familiar with the **Geri-Fit** workout routine, as an option, they can add a weekend workout that can be done at home by either exercising to the client handout, or by watching and participating in the **Geri-Fit** DVD. This optional third workout will provide them with added benefits and will hopefully lead to self-efficacy.

## How long should Geri-Fit classes be offered?

◆ **Geri-Fit** classes are initially set up as three, four week terms (24 classes total), however, the program is really meant to be an ongoing physical activity program that is done throughout life.

## Can Geri-Fit be used as an ongoing exercise program for chronic disease management?

◆ Yes! Because participants will be exercising on a regular basis, they'll be able to better manage their type 2 diabetes and pre-diabetes as well as manage pain and improve mental health. **Geri-Fit** serves as an excellent lifestyle change program and a chronic disease self-management support program for those that want to get the most out of life and prevent diseases from developing as they age.

What are the minimum and maximum number of class participants?

Because individualized instruction is given throughout the workout, classes are kept small (under 25) so that the instructor can devote ample time to correct each participant's form. When first starting out, there may only be a few people interested in taking **Geri-Fit**. However, as classes grow by word-of-mouth and positive class experience, you'll eventually establish a core group of about 12 – 16 regular participants.

How many instructors are needed to conduct a class?

There is only one instructor needed to teach a **Geri-Fit** class. We recommend having two instructors assigned at each facility so that there is back-up available if/when the regular instructor goes on vacation or needs to take some time off.

Should instructors have any background as a program leader or can we have a volunteer teach the classes?

Most instructors that teach **Geri-Fit** classes have basic exercise certification in either group class instruction or personal training through a nationally-recognized certifying organization. However, volunteers or facilitators that are currently teaching other evidence-based programs or health courses also make fine instructors and they can also become certified to teach the **Geri-Fit** program.

How long does it take to become certified in the Geri-Fit program?

The length of time to go through the accredited online training and certification program varies depending on the instructor's background in weight lifting and their experience in teaching group classes. Most instructors are able to get through the entire certification program in under 20 hours. However, those that are new to exercising with dumbbell weights may need as much as 70 hours in order to complete the online course.

How much does it cost to become licensed?

The license fee for a stand-alone Facility License is \$2,500. This is a one-time cost. To renew the license, there is a yearly fee of \$150 per site.

What is the cost of training and certification?

The cost of training and certification is included in the License fee. A single, stand-alone site includes the training for two instructors (main and backup instructor). If the main or backup instructor ever leaves your organization, or if you want more instructors trained in the **Geri-Fit** program, there is an additional cost of \$315 per instructor and that includes their **Geri-Fit** Training manual, two study DVDs, access to the online training, and their Certificate of Completion.

Besides training and certification, what else does the license include?

◆ The license provides you with the right to use the federally registered trademark and to conduct the branded program, **Geri-Fit®**. The license includes the evidence-based Lesson Plans, client handouts, poster artwork, marketing ideas, sample press releases, the client survey, the **Geri-Fit** logo, photos, a free listing on our website, and continuous online support.

What if we have more than one location that we want to offer the Geri-Fit program. Do you offer any discounts for a larger license?

◆ Yes! We offer discounted license fees for organizations or groups that plan to offer the **Geri-Fit** program in at least 10 or more facilities. Once you have completed the online License application, we will be able to quote you the exact cost. Please refer to the Blanket License option for volume purchases.

Are there any other license requirements?

◆ As a licensee, you'll need to furnish proof of liability insurance and a Certificate of Insurance naming Geri-Fit Company LLC. This document is provided at no cost through your insurance company.

Is online training and certification our only option or can this training be brought on-site at our facility or senior center?

◆ Typically, instructors enjoy the online training because they can learn at times convenient to them. Each of your instructors will be assigned a special login and password which will access the online training content from any computer or device. If your organization prefers to have live on-site training instead, we can provide a Master Trainer to travel to you to provide a one day, eight-hour certification program. The cost for the live training is individually quoted and can range from \$4,000 to \$8,000 depending on how many Master Trainers are needed and the number of instructors that will go through the training.

Once my instructors are trained and certified in Geri-Fit, can they train our future instructors?

◆ No. Only **Geri-Fit** approved Master Trainers are able to train and certify new **Geri-Fit** instructors. Your future instructors will become certified in **Geri-Fit** by either participating in the accredited online training program or by attending a live, Master Trainer-led one day certification.

Do my instructors have to go through an annual training or are they certified for life?

◆ Although not presently a requirement, we recommend that each instructor maintain their certification by participating in the annual Program Fidelity Training. This can be accomplished online by reviewing sample filmed classes and reviewing new balance, fall prevention, and strength training exercises that may be incorporated into their classes for fresh program content, added improvements, and enhanced participant engagement. The yearly program training takes less than two hours to complete and there are no tests required.

Is there any paperwork or documentation needed for the program besides attendance?

◆ Facilities should provide a Waiver of Participation so that participants are aware they will be working out at their own risk. We also recommend that attendance be taken at each class. A Sign-In sheet should be made available for participants to sign as they come into class.

What does Geri-Fit offer for evaluation and is there an additional cost for this?

◆ After the participants have taken **Geri-Fit** classes for three months (24 classes), we suggest they fill out a Self-Evaluation Survey. This data collection tool is useful in determining the achievement of program outcomes and allows participants to gauge their progress. This Survey is included with the Program License and is suggested to be used at each facility where **Geri-Fit** classes will be taught.

Can we use other types of evaluations or data collection tools?

◆ Yes, you may elect to offer pre-evaluation testing prior to starting the **Geri-Fit** program and Performance Progress Reports at periodic intervals. However, this testing is not a requirement of the **Geri-Fit** License. These standardized tests may include the Squat Assessment (Sit-to-Stand), the timed Get Up and Go, the One Leg Balance test (eyes open), and other tests that you may or may not want to provide.

Are we able to adopt evaluation systems that we use for other fall prevention programs?

◆ Yes, you are able to use any type of evaluation that you'd like. As an option, or in lieu of, or as an addition to these pre- and post-evaluations, we recommend a three minute baseline fall risk screening using the BTrackS Balance Plate. The unit will measure and record an individual's postural sway and will determine and categorize their fall risk. Postural sway can then be monitored over time and should be tested annually to assess fall risk. BTrackS units are available for purchase at [gerifit.com/products](http://gerifit.com/products) and can be used with the **Geri-Fit** program and/or any other evidence-based health promotion or fall prevention program that you elect to offer now or in the future.

Is there any reimbursement available through Medicare Advantage for program sustainability purposes?

◆ Yes! As an option, your facility/facilities may want to become a hosting site so that it can be reimbursed every time someone participates in a **Geri-Fit** class. For more information, contact 1-888-GERI-FIT (1-888-437-4348).