

# SYNCHRONY Fit

Educate. Action. Support.

## Focusing on Physical, Emotional, and Psychosocial Well-Being

**SynchronyFIT** is a Wellness Program designed for Long-Term, Assisted Living, and Independent Living residents, as well as seniors living in the community. Our program promotes physical, emotional, and psychosocial health and well-being by focusing on all aspects of healthy living.

### CLINICAL STRATEGIES:

**SynchronyFIT** is a program designed to promote wellness, functional independence, and enhanced quality of life in older adults through specifically designed programs in balance training, strength training, flexibility training, and cardio/endurance training. SynchronyFIT offers HeartFIT, StrongFIT, FlexFIT and BalanceFIT programs that are graded for levels of independence.



HeartFIT

Cardio/  
Endurance



StrongFIT

Strength  
Training



FlexFIT

Flexibility  
Training



BalanceFIT

Balance  
Training

### QUALITY OUTCOMES

Through our comprehensive clinical approach, **SynchronyFIT** results in several quality outcomes:

- Reduced risk of falls
- Improved bone health through weight bearing exercises
- Improved sleep and rest
- Decreased depression
- Improved socialization
- Improved ability to live independently
- Improved quality of life

### FOR MORE INFORMATION

For more information on **SynchronyFIT**, please visit

[www.synchronyrehab.com](http://www.synchronyrehab.com)  
or call **1.800.335.1060**.

**SYNCHRONY**  
REHAB

