

# Seniors...

## Get fit with FiddleFit

The Six Dimensions of Wellness are crucial to our overall health because it encompasses all of the aspects of a balanced life. We cannot feel complete if we have not attended to all of these elements on a regular basis. These Six Dimensions are incorporated into each class structure.

- Occupational
- Physical
- Emotional
- Intellectual
- Social
- Spiritual



A National Strength and Conditioning Association certified personal trainer, Diane Crosby is especially well known for her work with seniors. She gently guides seniors, as well as others over age 40, to maximize their days by incorporating fitness into their daily lives. Diane believes that with sensible activity and healthy choices, growing older can bring opportunities for physical, emotional, and spiritual fitness even in light of various challenges.

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# Fitness and Wellness Programs for Seniors

**Individual and Group Training** with Diane Crosby, a 'National Strength and Conditioning Association Certified Trainer' who specializes in fitness and wellness programs for seniors.



Exercise at your own pace with

**Fiddle Fit's Exercise for Seniors DVD**

- Beginner
- Intermediate
- Advanced



# FiddleFitRI.com



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# Fitness and Wellness Programs

# for Seniors

Exercise  
at home

Fiddle Fit is dedicated to improving the health & wellness of seniors and baby boomers. Through exercise classes, private instruction and DVDs with fitness equipment, you too can enjoy a more fit and healthier lifestyle, all tailored to fit your needs.

## DVD



## Classes

Classes are currently held at the following Rhode Island locations:

- Atria Harborhill Assisted Living Center in East Greenwich
- Scituate Senior Center
- Coventry Housing Authority
- Next Level Fitness in Johnston

*Hold classes in the privacy of your own home, or at your organization's site!*

*Video clips at [FiddleFitRI.com](http://FiddleFitRI.com)*

### DVDs and Fitness Equipment

Beginner, Intermediate and Advanced DVDs are available along with fitness equipment, which is specific to the Fiddle Fit program. The program is designed to fit all levels of fitness and begins with a Beginner seated workout, the Intermediate workout is done standing with a chair nearby for balance and the Advanced workout is all standing. Starting is easier than you think and you choose how fast you progress to the next workout.

The **Beginner** instructional DVD consists of each participant being seated while performing each exercise. The use of bands, weights and a light-weight ball are used. The **Intermediate** class is done standing with a chair nearby for balance as needed. The **Advanced** class is performed standing. All of these classes can be modified for your individual needs. On each DVD, there is an emphasis on balance and core, which is the foundation of good fitness.

**Order your own DVDs and workout kits  
at [FiddleFitRI.com](http://FiddleFitRI.com)**



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