

**If you need to reach the  
Gerofit program, please  
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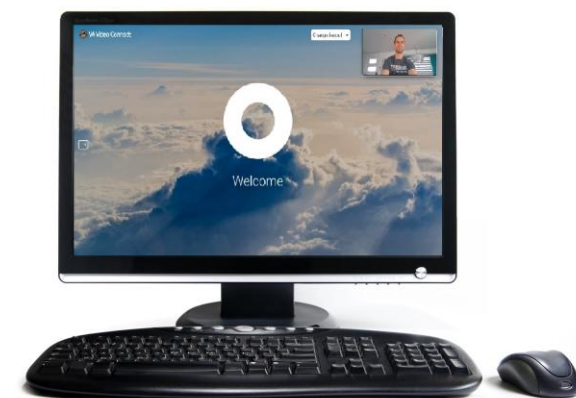
**Sarah Wherry, PhD**  
Director of Exercise Program  
Quality & Delivery

## **Gerofit Telehealth Program**



**Rocky Mountain Region VA  
Medical Center**

## **Gerofit Telehealth Program**



## **The Gerofit Telehealth Program**

The Gerofit Telehealth Program is a free online exercise program for Veterans age 65 years and older.

### **The Gerofit Telehealth program:**

- Helps and encourages you to be physically active
- Shows you how to reduce the risk of falls
- Improves your ability to move and be active

### **Gerofit Telehealth exercise sessions are offered:**

ECHS GF participants

- Monday/Wednesday/Friday
  - 10:00am MST

## **Where Is Gerofit Located?**

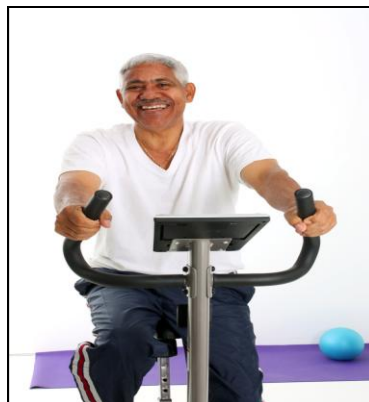
Gerofit Telehealth is an online exercise program that can be accessed from home.

### **To Participate you will need:**

- A desktop, laptop, tablet, or smart phone
- A built-in or plug-in webcam with microphone\*
- Reliable home internet

-OR- A VA issued tablet

\*Most newer computing devices have built-in cameras and microphones



## **Gerofit Telehealth exercise class offerings include:**

- Aerobic exercise
- Balance training
- Core strength
- Flexibility
- Posture correction
- Shoulder health
- Strength training

## **Why Join Gerofit Telehealth?**

Joining Gerofit Telehealth can improve your overall health and well-being.

- Have fun exercising.
- Meet friends and fellow Veterans.
- Boost your weight loss and energy!

**Why wait? Ask your provider about Gerofit today!**

\*\*\*Please note, any Gerofit appointments will not appear as scheduled appointments within the VA system\*\*\*