

# Standing STRONG

A Senior's Guide to Fall Prevention

## A COMPREHENSIVE FALL PREVENTION PROGRAM

### 12-week online group sessions

Learn everything you need to improve balance and prevent falls

- Proper Posture Alignment
- The 7 Essential Moves that Prevent Frailty
- How to Control Your Fall Risks
- Improve Core Strength for Stability & Better Balance
- How Flexibility Prevents Falls
- Specific Training for Longevity & Functional Fitness
- How to Fall & Prevent Injury
- What to do if you Fall
- Fully illustrated ebook Program Companion
- A FREE Set of 3 Custom Length TheraBands®
- and so much more

info@agile4lifefitness.com  
to Reserve Your Spot or  
for More Information

## About the Program Creator

**Joy Fletcher** is a CPT with over four decades of experience in Health and Fitness. Her career path includes:

- Entering the first sanctioned USPF women's powerlifting competitions
- Starting some of the first strength training classes designed for women
- Receiving a BS in Food & Nutrition
- Working in medical based cardiac rehabs & weight management clinics
- Being a nutrition/fitness consultant for a PBS health program
- Writing & collaborating on numerous fitness/nutrition programs for YMCAs, gym's, & fitness centers

*Joy's extensive experience makes her a sought-after trainer and an excellent addition to your wellness team.*



## Join Us

Web Site: [Agile4LifeFitness.com](http://Agile4LifeFitness.com)

Contact: [info@agile4lifefitness.com](mailto:info@agile4lifefitness.com)

1698 SW Goucher St, McMinnville, OR 97128

## Classes or Memberships

[Agile4LifeFitness.Punchpass.com](http://Agile4LifeFitness.Punchpass.com)

# SENIOR FITNESS

## Reimagined



## Fitness Classes for Seniors

LIVE ONLINE OR VIDEOS ON DEMAND  
FITNESS & YOGA CLASSES  
FOR BEGINNERS – ADVANCED

## Imagine Age... as Just a Number



**Agile 4 Life Fitness** does more than just help seniors stay independent. We help them reach a level of fitness that provides the kind of strength and endurance that allows them to continue doing the activities that enrich their lives...no matter their age.



Our innovative programming is the perfect balance of conditioning and recovery. We guarantee improved body and joint alignment for better movement, posture, and stability. Age-appropriate exercises and expert cueing accommodate all levels of fitness while avoiding injuries or re-injury.

*"I've taken Joy's classes for at least 7 years now. Not only are they fun, but her attention to every single muscle in the body, large and small, and to correct form--always--has enabled me, at 84 years old, to continue doing the activities I love: skiing-downhill and cross country, hiking, gardening, traveling, and even backpacking." Sheila T. - Berkeley, CA*

Our highly skilled trainers, with decades of experience, take the science of aging and convert it into fun, invigorating, result-oriented fitness classes. Our members see measurable improvements in all areas: overall muscle strength, cardiovascular health, balance, and flexibility. *Everything they need for a full and active life...as they age.*

## Quality Programming

"...I want to thank you Joy for your encouragement to exercise and stay fit. It helped so much in my recovery from my hip dislocation. My **physical therapist** was very pleased with what I told her we did in our class. She felt I would have a good fitness program working with you."

Peggy C., Clifton, VA

"I am a lifelong fitness enthusiast (and former tennis professional), and I have taken a lot of classes and had many trainers over the years. So, I have some knowledge and experience. Joy's class is well-designed, scientifically/physiologically grounded in best practice, well-paced and super fun.

I also took some private sessions with Joy. Specific objective: Fix my decades long nagging back pain, improve my posture and my form while training. In 8 weeks, no more back pain. Joy is precise and really understands the physiology."

Holly B. F., Berkeley, CA