



Pathways to Wellness[®]

Age In Motion[®] is an ongoing, customized program for healthy aging, available only from Powerback Rehabilitation.

Unlike other programs, Age In Motion is a complete solution developed to nurture each of the dimensions of wellness for healthy aging. These positive pathways to wellness offer a wide variety of exercise classes, guided meditation and mindfulness practices to help your residents live an independent life.

Virtual seminars, group fitness classes, wellness tips and resources, and personalized milestones are guided by our enthusiastic team of specialists.

With a focus on overall well-being, Age In Motion can improve health, reduce fall risk, help decrease hospital stays, and promote aging in place.

Age In Motion[®] pathways to wellness[®]:

Inspire

- Complimentary level
- Monthly newsletter
- Vitality Check
- Selection of 4 exercise classes*
- 12 wellness seminars*
- 12 virtual wellness & exercise videos**
- Social Circles

Influence

- Additional monthly fee (+0.5 FTE)
- Monthly newsletter
- Vitality Check
- Selection of 19 exercise classes***^
- Selection of 26 seminars***
- Expanded selection of virtual wellness & exercise videos**
- Social Circles
- Grab & Go Resources
- Therapeutic Massage Services+
- Personal Training+

Ignite

- \$Additional monthly fee (+1.0 FTE)
- Monthly newsletter
- Vitality Check
- Selection of 25 exercise classes***^
- Selection of 27 seminars***
- Expanded selection of virtual wellness & exercise videos**
- Social Circles
- Mind-Body Wellness
- Grab & Go Resources
- Therapeutic Massage Services+
- Personal Training+



Contact us at 800.728.8808 to learn more about the many benefits of being a Powerback customer.