

- **Exercise Bundle (41):** All programs are ideal for age 40-64 years old or 65 and older individuals living with chronic disease, have risk factors for heart disease, disability, or want to maintain good health and wellness.
- Programs are in easy to print PDF format. (Laminated print product available upon request)
 - 2 or 3 page 8.5 x 11
 - 12 Colorfully illustrated exercises with instructions
 - Exercise components for warm-up, strength, aerobic, cool-down and stretching included
 - Exercise prescription specific for age and condition, and progression
 - Goals and safety tips, and stretching program

Adult Exercise Programs (16)

- Arthritis
- Cancer
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes
- Fibromyalgia
- Heart
- Hypertension
- Low Back Pain
- Musculoskeletal
- Osteopenia
- Parkinson's Disease
- Peripheral Arterial Disease (PAD)
- Stroke
- Weight
- Multiple Sclerosis

Senior Exercise Programs (17)

- Alzheimer's Disease
- Arthritis
- Cancer
- Chronic Obstructive Pulmonary Disease
- Depression
- Diabetes
- Heart
- Heart Failure
- Hypertension
- Incontinence
- Low Back Pain
- Musculoskeletal
- Osteoporosis
- Parkinson's Disease
- Peripheral Arterial Disease (PAD)
- Stroke
- Weight

Total Fitness (4): Combine strength training, cardiovascular, and flexibility exercise for a total solution!

- **Strength Fitness for Seniors**-strength training for improved musculoskeletal strength for seniors!
- **Strength Fitness for Adults**-strength training for improved musculoskeletal strength for adults!
- **Walking Program** - A 12 week progressive walking program with safety tips, stretching exercises.
- **Flexibility program** - A stretching program designed to increase overall range of motion, flexibility, better mobility, and balance.

Special Considerations: (4)

- **Wheel Fitness:** Unique upper body strength program designed for individuals in a wheelchair.
- **Aqua Fitness:** A water approach to exercise for those with arthritis or weight bearing limitations.
- **Hear Fitness:** Unique stress and tension reducing exercise program for the hearing impaired.
- **Back Fitness:** Specific just for back strength and flexibility.

"Beautifully designed and fits my needs...exercises are consistent with my physician's recommendations" Dorinda, School Teacher

"I used MyFitScript with a client who was very new to any form of resistance training. This introduction to basic weight resistance exercise was just what she was looking for to get started. She has since lost 25 pounds and has graduated to a "boot camp" style workout. She claims she is now addicted to exercise!" ~Jacqui Bryan BA, RN, MS, CHC



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