



# Top 10 Things to Consider When Researching Health Solutions for Seniors

	Yes	No
Are they safe to exercise independently?	<input type="checkbox"/>	<input type="checkbox"/>
Are they a social person that is motivated by groups?	<input type="checkbox"/>	<input type="checkbox"/>
Do they have an injury that needs specialized care?	<input type="checkbox"/>	<input type="checkbox"/>
Do they need motivation to exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Do they have dementia?	<input type="checkbox"/>	<input type="checkbox"/>
Are they at risk for a fall?	<input type="checkbox"/>	<input type="checkbox"/>
Do they need help to create their health goals?	<input type="checkbox"/>	<input type="checkbox"/>
Do they need to be trained in a mother-tongue other than English?	<input type="checkbox"/>	<input type="checkbox"/>
Is the service provider certified and experienced working with seniors?	<input type="checkbox"/>	<input type="checkbox"/>
Does the solution ensure that the senior can advocate for their own health?	<input type="checkbox"/>	<input type="checkbox"/>

# Next Steps

- If you answered mostly "yes" think about a one on one solution such as personal training or physiotherapy. The difference between personal training and physiotherapy is that physiotherapists heal specific injuries and personal trainers do more generalized strengthening
- Personal training often comes following or in conjunction with treatment from a physiotherapist
- If your loved one is very social and feeling isolated then consider a group environment such as their local seniors centre
- Don't work with a service provider that does not have specialized training and experience to work with seniors. Your loved one needs balance training and to work with someone that understands how assess seniors and progress exercises without injury
- Vintage Fitness offers a trial program called "Roadmap to Health" which includes a full assessment, three personal training sessions and a consultation.

**Trial Program**



[www.vintagefitness.ca](http://www.vintagefitness.ca)