



FOX BETTERLIVING™



FOX Better Living Exercise Classes

- An evidence-based progressive exercise program for active 55+ adults designed to relieve everyday aches and pains, increase strength and improve cardiovascular stamina
- Led by an experienced Exercise Physiologist with extensive work history in cardiac and pulmonary rehabilitation
- **NO Cost** - Classes are funded by participating Senior Living Communities in partnership with FOX.

FOX is Now Offering Several Wellness Options to Help You Remain Strong & Independent

One-On-One Wellness Programming

- A customized exercise program in the comfort of your own home designed to keep you strong and independent
- Training by an experienced Exercise Physiologist with extensive work history in cardiac and pulmonary rehabilitation
- Vital signs monitored throughout each wellness session

To learn more, please call 1 877 407 3422 to speak with a FOX Exercise Physiologist near you.



SOMMERSET

