

We Create a Fitness Plan Designed Around You!



“ Nifty is wonderful for my husband and me. Our children are glad to see us strong and healthy at ages 87 and 84. This healthy and social activity is part of our daily lives. ”

- Julianne G.

CareMore is passionate about health and wellness. That's why we're so excited to find new ways to help keep you in shape! Our partnership with Nifty After Fifty® was created by a doctor and designed to help you keep or regain strength, flexibility, and balance. This is no ordinary gym – it's a unique approach to wellness with personally supervised fitness programs that help you maintain your independence and increase your zest for life.

3 Fitness Tips

- 1 We start with an assessment!**
During your first Nifty After Fifty® visit, your fitness level is assessed by one of our qualified fitness coaches who has special training in the needs of mature adults.
- 2 Cardio and a whole lot more!**
Cardiovascular health is important, but our supervised full-body fitness approach will also help you build strength, balance, and flexibility, with a program that's customized specifically for you.
- 3 Stay fit and make new friends!**
People always say one of their favorite parts of our fitness plans is the friendships that form as we stay healthy together.

Nifty After Fifty® Services Include:

- Wellness coaching to address specific chronic conditions.
- Live and recorded online classes from the comfort of home.
- Social programming and events.
- Group exercise classes.

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