

**CONSUMER INFORMATION FOR EXERCISE DVDS THAT MEET THE
RECOMMENDED FALLS PREVENTION GUIDELINES**

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| DVD name | Fit at Any Age (for Active Older Adults) |
| Where to find and order DVD on the internet | http://olderwiserworkout.com/ |
| Description of DVD | A low impact/high fun workout that is perfect for those looking for an energizing workout that is easy on the knees, hips, shoulders, and back. You will appreciate seeing three different levels for each move, enabling you to customize the workout to meet your individual needs. |
| Instructor background | Certified fitness professional and FallProof Master Instructor |
| Class time spent on standing balance/strength exercises | 60-80% |
| Individually tailored to participants and options to progress | Yes – options for difficulty and individualization include hand support (holding chair, hovering over chair, by side, crossed at chest) and single or double arm and leg options for strength exercises. Three different levels of difficulty are demonstrated but they all require a high level of function. |
| Target groups | High functioning older adults |
| Equipment needed | Hand weights |
| Cost | \$24.95 for 1 DVD (\$57.00 for a series of 3 DVDs - Older and Wiser Workout, Older and Much Wiser Workout, and Fit at any Age) |