

The Healthy and Active Aging Research Center

Fit-4-Life

Launched in 2007 by the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) in collaboration with Kit Clark Senior Services, the *Fit-4-Life* program reaches to reduce the significant and prevalent burden of age-associated chronic disease and provide concrete support for healthier aging among seniors. The two-part program offers a *Fit-4-Life*-certified exercise trainer who leads individualized and group exercise prescription to address the specific needs of the seniors and a nutritionist who provides dietary screening and assessments, counseling, and weekly support groups to help seniors learn more about nutrition, improve their eating habits, and also optimize bodyweight.



While the HNRCA is directly involved with the design, planning, and evaluation of the program, staff and additional exercise therapy students interns from area universities, and the facilities where the program takes place, help coordinate the program, including the collection of data from various physiological and functional assessments. Data (including dietary and physical health measurements) is collected when an individual begins the program and during periodic assessments to measure program effectiveness. This data provides compelling evidence that *Fit-4-Life* is striving to successfully combat the burden of chronic disease among our senior population.



Kit Clark Senior Services



Somerville's Council On Aging



giving special attention to language, native diet, living situations and physical disabilities.

In 2011, The *Fit-4-Life* program received the American Society on Aging's Network on Multicultural Aging Award.

From the studies we've done with aging, we know that both nutrition and exercise can have a profound effect on the quality of life and how successfully you age. It's not the number of years you live, but the number of quality years that's important."

– Dr. Roger Fielding, Senior Scientist and Director of the Nutrition, Exercise Physiology and Sarcopenia Laboratory at the HNRCA

I would like to thank the Council on Aging and Fit-4-Life on Holland Street for making a big difference in my mother's life. I see such an improvement in her health and wellbeing since she joined Fit 4 Life.

–Daughter of a Fit 4 Life participant, MA

One participant has been a member for three years, but when she first started, she was very limited in her ability to walk on a treadmill. Today, she attends three exercise classes per week, walking between one-half and one mile per hour for 10 minutes each class. She recently celebrated her four-year anniversary as a stroke survivor. Her new goal is to walk from the door to my desk without using her walker.

–Employee of the Kit Clark Senior Services Center, MA