

ROI in an Outsourced Wellness Program

Senior living communities across the nation are learning the multi-faceted benefits of fitness programs. Apart from the known health benefits of exercise, successful wellness programs have been proven to decrease falls, improve mood, and improve cognitive function, even in seniors with Alzheimer’s. These benefits all contribute in significantly decreasing the costs for senior living community budgets.

Although many common exercise programs may not include activities normally associated with seniors, the Live 2 B Healthy® program is a safe and proven way for seniors to get active and regain their independence. This renewed independence translates into senior living communities collecting financial benefits by offering physical exercise-oriented programs for their residents.

“My residents have a better chance at aging here in our community, plus it’s a great marketing tool. They are getting stronger, have more energy, sleep better, and have an increased appetite.”
~ Christina M. - Senior Living Community Manager



**Attract more residents
and retain them longer!**

Providing a preventative program that is known to keep individuals strong and healthy, and significantly prevent illnesses and falls, can reduce associated expenses being paid by senior living communities to recover from these tragedies, as it is generally less expensive to care for healthier residents. The healthier the residents are, the less turnover there is with residents by allowing them to stay in the community longer and stay out of the hospital.

Live 2 B Healthy® performs baseline testing with every new class, and continues to monitor and report progress through testing three times per year. The results of these tests are provided to the community management following each testing period. We also track participation, and provide those reports on a monthly basis. These detailed reports allow our communities to accurately assess the physical benefits of our program on an on-going basis.

Live 2 B Healthy® encourages wellness in all facets of health including exercise and nutrition. Our programs promote participants to live a healthier lifestyle through education, fitness, and community. Contact me to learn more:

Contact Name: _____

E-Mail: _____

Phone#: _____