



**Steel Feather Senior Community Fitness Programming is a comprehensive, progressive, physical and physiological wellness program.**

**Each community qualified to host our programs, will provide a series of fitness classes based solely on the fitness and abilities of each and every resident.**

**During our initial orientation or introduction to your residents, we will conduct a detailed audit of the health and wellness of each person by the completion of a fitness assessment and health questionnaire. All information provided is private and protected by HEPPA laws.**

**Once our detailed audit of each individual is complete we develop your community program.**

**If we find a majority of residents have either hypertension, diabetes or other physical limitation requiring modifications, we will create a progression schedule, capable of servicing all levels.**

**After about two weeks of assessing ability, we will finalize your community schedule.**

**Each of our programs will follow the guidelines set in place by American College of Sports Medicine, along with the policies and procedures by the National Association of Sports Medicine.**

**Both are leaders in certifying the best Personal Trainers and Group Fitness Instructors in the country.**

**Each of our instructors not only have to pass a complete background check, but each is required to possess an extensive rolodex of skills, with years of experience working with Special Populations.**

**They must also carry a current certificate for CPR, DEVIATOR, and have a current National Certification with either ACE, AFAA, NASM or ACSM.**

**Steel Feather works with over a dozen Medicare Advantage supplement plans, all of which are given a benefit Silver Sneakers. (Providers are listed on the SilverSneakers.com website.)**

**With this benefit seniors are able to participate in SF classes.**

**Plans carrying our program vary every year. Some plans adding the benefit and some terminating the benefit.**

**Steel Feather offers an in house broker during open enrollment to accommodate insurance changes during open enrollment.**

**Once a venue is approved by both sides, we will provide waivers for liability, a copy of our 2 million dollar liability policy, venues requesting a secondary insured status can easily be done.**

**Senior testimonials providing detail of their personal growth and opinion of the formats and teachers will be handed out three weeks in.**

**Sign in sheets will be required for each participant to document participation and housed daily with each venue.**

**The success of each program is based on attendance. Marketing and promoting of program once launched will be the responsibility of each location.**

**We look forward to touring your location and quickly providing a professional based fitness program to your community soon.**

**Thank you,**

**Steel Feather Senior Fitness**

**Owner/Laura Taylor**

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