

# safe

senior adult fitness exercises

**ARE YOU...**  
LIMITED IN YOUR ACTIVITIES OF DAILY LIVING ?  
NON-SMOKER?  
70 YEARS + ?

**If yes, we need you!**  
**GET READY TO START  
EXERCISING IN THE  
COMFORT OF YOUR HOME!**  
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**McGill**

Division of  
Geriatric Medicine

Division de  
gériatrie



## Study design

### 4 visits at your home:

Screening visit  
Initial assessment  
Exercise training visit  
Final assessment

## Benefits?

- Functional & cognitive assessments
- Exercise plan
- Follow-up with a health care professional