

SmartFITT LLC

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“We do not stop exercising because we grow old, we grow old because we stop exercising.” ~ Dr. Kenneth Cooper, Cooper Institute ~



SmartFITT's Quality of Life program provides measured outcomes that become a communication tool shared between residents, staff and family. Family members are not always able to visit loved-ones regularly. Documented progress allows family members to feel that they have a role in their loved-ones success. The encouragement of a loved-one is the ultimate motivator for residents to continue to work hard and thrive.

No matter how big or small your facility is, SmartFITT's Quality of Life Exercise Program will work for you. All you need is the will to succeed, residents who want to thrive, and caring staff who are willing to provide love and encouragement. As the average age continues to rise in the United States, more and more Americans are turning to alternative living arrangements, such as Senior Living apartments, Assisted Living facilities, or Skilled Nursing facilities. Exercise programming is a fast growing amenity that seniors are looking for. Become one of the leaders in the industry by providing an outcome-based exercise program that is run by a Board Certified Exercise Physiologist.

SmartFITT's Quality of Life Exercise Program provides you with safe, efficient and effective programming that focuses on improving strength, balance, flexibility and endurance. SmartFITT's proven outcomes will give you a marketing advantage. Families no longer want a place for their loved one to grow old. They want an atmosphere that will allow their loved one to thrive. SmartFITT's Quality of Life Exercise Program provides residents the opportunity to take ownership in their lives. Their hard work in daily exercise classes will help them become stronger and more independent. The camaraderie that grows between residents as they watch each other improve is irreplaceable. When a family tours your facility they will feel the warmth and support shared between your residents.

SmartFITT's Quality of Life program not only improves the lives of your residents but also improves the lives of your staff. Staff members will have the opportunity to see your residents work hard to help themselves. Their daily involvement in each resident's journey to self-empowerment provides the ultimate satisfaction in their work. No longer will they begrudge having to walk down the hallway at a snail pace bringing a resident to lunch. Instead they will see that same resident is walking a bit faster than last week!

SmartFITT Certified Facilities

Adult Day Services, Inc. - Bemidji, MN
Cornerstone Residence - Bagley, MN
GoldPine Home - Bemidji, MN
Poplar Meadows - McIntosh, MN