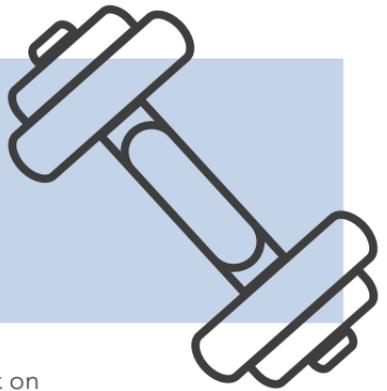


VIRTUAL REGISTRATION



- 1** Go to www.gerifit.com/clients and click on "CLICK HERE" under 'No, I have not registered'...
- 2** Fill out a form to create a username and password. The activation code is: **LIFESTREAM**. Please write down your username and password.

Use the Contact Us link form from Geri-Fit's website.
- 3** Fill in the required fields, then in the message area of the form, type in your client number and submit.
* Your client number should appear at the right hand side of your screen.

Once your request is recieved, please allow 24 hours to process your activation. You will recieve an email once your account is activated. If you do not recieve the email, please check your spam folder or try logging in using your username and password.
- 4**
- 5** To log in as an activated client, use the same link as in Step 1: www.gerifit.com/clients, but this time use the form on the left side of the page. Type in your username and password.
- 6** Once you have successfully logged in, you will see a tab that says START HERE. Click on that and your videos will appear.



LifeStream.
Life. On your terms.

WHAT IS GERI-FIT? ---

Geri-Fit is a 45-minute video-led strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights. As you become stronger, you can advance to heavier dumbbells in order to challenge yourself even more.

There is no dancing, aerobics, or choreography to learn and you never have to get on the floor. Enrollment is open to older adults of all ages and fitness levels... simply work out at your own pace!

Bring a set of 2 or 3-pound dumbbells, a stretch band, and water to drink.

WHY GERI-FIT? ---

- Increases Muscular Strength
- Improves Balance and Coordination
- Boosts Motor Skills and Reaction Time
- Enhances Flexibility and Gait
- Lessens Arthritic Conditions
- Manages Chronic Disease

QUESTIONS? ---

Call **800-589-1121** or visit
www.lifestreaminc.org/wellness

