

Grande Wellness ~ Body, Mind and Soul

Improving Strength, Balance, and Mobility with In-Home Functional Fitness Training

Vista Grande Villa's "Grande Wellness" program is now providing complementary Six-Week Wellness Screens to each and every Independent and Assisted Living resident. Residents will have the opportunity to sign-up for One-on-One Personalized Functional Fitness Training – in the comfort and safety of your home.

Vista Grande Villa partners with Care In Home, Senior Personal Trainers, who specialize in hands-on functional fitness training with older adults. ***Care In Home trainers are Physical Therapy Assistants (PTA), who provide one-on-one, individualized, in-home exercise training to improve balance, functional strength, flexibility and mobility.***

Vista Grande Villa (AL/IL) residents will be offered complementary Wellness Screens every six weeks with a Care In Home personal trainer. The screens measure functional fitness levels to compare with norms and record changes over time.



Grande Wellness

Care In Home provides One-on-One Functional Fitness Training in the comfort of home at discounted rates for Vista Grande Villa Residents

Grande Wellness reflects our year-round commitment to the mental, physical, and spiritual health of every resident.



CARE IN HOME

Why Functional Fitness Training? *Decades of research proves that regular moderate intensity exercise helps older adults offset the deleterious effects of aging and reduces the risk of falls. It has a significant positive impact on strength, cognition, mood, chronic conditions, mobility, and can reduce hospitalizations.*

