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ALZHEIMER'S DAY ONE FITNESS



Scan the code to the left to
see what the experts say
about exercise and
Alzheimer's Disease.

TESTIMONIALS

"My husband's personality changed after Alzheimer's to one where all he wants to do is sleep on the recliner, which led to stability and mobility issues and a great risk of falling. In just 2 months at Day One Fitness, I see a remarkable change in him. The staff is wonderful at motivating him, and I am allowed to help him perform the exercises when he does not comprehend what is required."




"Day One Fitness is a place that my mom, who has Alzheimer's and has never been into exercise, looks forward to going and enjoys not only the classes, but the interaction with the other boxers and cornermen."


GET INVOLVED

Call us today to schedule a **FREE** introductory consultation!



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