



## SENIOR SPECIALIST PROFILE

### FITNESS OVER 50



### DO YOU WANT TO ATTAIN HEALTH AND MAINTAIN IT?

We all feel we are getting a little older: a new ache or pain, a sudden lack of balance, less flexibility, reduced stamina, brain fog, and more. Of course some things we can attribute to the natural course of aging. But we can all take steps to slow the natural course of nature. Exercise and good eating can help us improve both physical and cognitive functioning. Whether it's playing with our grandchildren on the ground or taking the trip we've always dreamed about, there are steps we can take to continue to live vibrant and active lives. As we all know way too well, it's no fun being stuck at home when we could be out enjoying life to the fullest with our friends and family!

How can you overcome some of your body's limitations? How can you safely improve your strength and conditioning? Susan can help you navigate your options to move you toward a healthier you.

### EDUCATION: WHAT YOU CAN LEARN

- How to understand your limitations
- What questions to ask your medical provider
- The role diet plays in health
- How to work on your cognition

### SERVICES: HOW I CAN HELP

- Teach you what form of exercise is best for you
- How to set personal fitness goals
- Modify training to accommodate your health issues

**SENIOR SPECIALISTS GROUP: LINKING THE COMMUNITY TO THE NEEDS OF SENIORS**

**855-836-0807**

The Senior Specialists Group (SSG) brings together quality experts at all levels of senior care. We offer a variety of services to the community and can customize educational presentations based on your needs and interests. Please contact SSG for more details and how we can help.

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**Susan Fink**

**NSCA-CPT, ACE-GFI**

**Personal Trainer, Functional  
Aging Specialist  
& Brain Health Trainer  
Westside Chapter**

Susan Fink is a personal trainer who specializes in working with older adults. She helps clients become and stay functional and vibrant as they age, with the goal of improved or maintained mobility, cognition, balance, cardio-respiratory, neuro-muscular, and muscular-skeletal capabilities. She works with clients both one-on-one and in small groups, and with those having limitations as a result of cognitive decline, Parkinson's, and/or visual impairment.

Susan is certified as a personal trainer through the National Strength & Conditioning Association since 2004. She also holds certifications in Senior Fitness, Group Fitness and as a Functional Aging Specialist, Functional Aging Group Exercise Specialist & Brain Health Trainer.

**Train With Susan**

**[www.trainwithsusan.com](http://www.trainwithsusan.com)**