



The FOX Wellness Program for Independent Living



Improve health and increase confidence with FOX!

The Mansions partners with FOX Rehabilitation to provide residents a FREE, evidence-based wellness program. Upon move-in, we offer an assessment to ascertain the resident's level of wellness in order to create a baseline for improvement. Classes and activities are individualized and they will have exclusive and unrestricted access to wellness services through the continuum of care including:



One-on-one wellness sessions with an Exercise Physiologist as indicated.



Group exercises classes lead by an Exercise Physiologist in an open, social setting. Depending on the health and fitness of the resident, these may include:

FOX Fitness, Yoga, Balance Booster, Strength and Conditioning, Tai Chi, Cardio Walk, Stretch and Flex, Volleyball, Soccer, Boxing, Strong and Steady and Core and Balance Classes.

The resident may receive ongoing scheduled assessments to monitor their strength, mobility, balance and quality of life.

Ask your Mansions' representative for more informative about this innovative program.





Actual Success Stories from Mansions' Residents



Ms. Perkins comes to class every day...

...and works hard at improving her balance. In the "Core and Balance" class there is an exercise that requires the residents to stand and hold tandem (heel-toe) stance for about 30 seconds. It's a tough one for residents, but it is a very good exercise.

When Ms. Perkins first started, she was holding on to the chair for the entire 30 seconds and was still wobbling a little. As of last week, she held the stance for 30 seconds without wobbling or holding on to the chair!

I congratulated her during class and she was beyond thrilled that I noticed. She let the class know this is what can happen when you consistently attend class!



When we first began seeing Mr. Edwards...

...his daughter was having to come over every day to help lift him out of his chair and perform basic self-care. Now, he easily gets up, can put his shoes on himself, can walk with a cane instead of a rollator and has returned to playing bridge. As you can see, he even took his first selfie! He says "When I first started with PT/OT I felt like an old man. Now, I feel young again!"

Phyllis from Sandy Springs is 88 years young...

...and enjoys daily walks and healthy eating. Her sign says it all!

How can we help YOU? Ask your Mansions' representative today about FOX Rehabilitation!

