



More Purposeful and Mindful Senior Fitness Classes

with Emily Johnson, Founder of StrongerU Senior Fitness

emily@strongeruseniorfitness.com



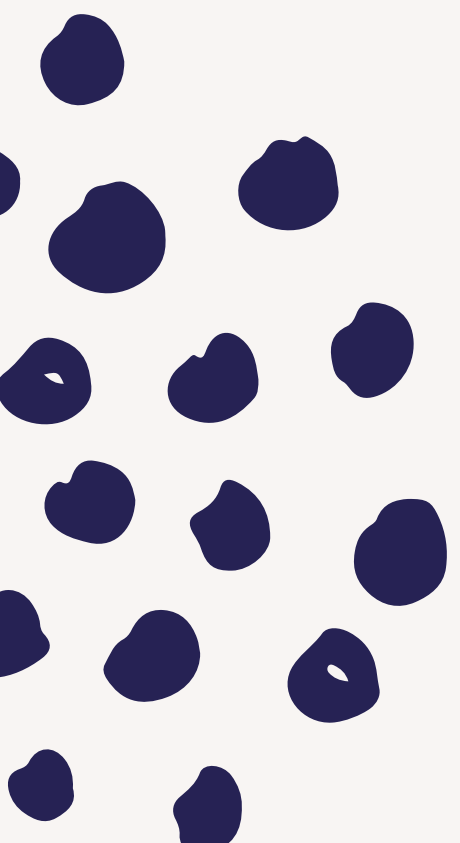

 **StrongerU**
Senior Fitness

DROM[™]
FOR SENIORS





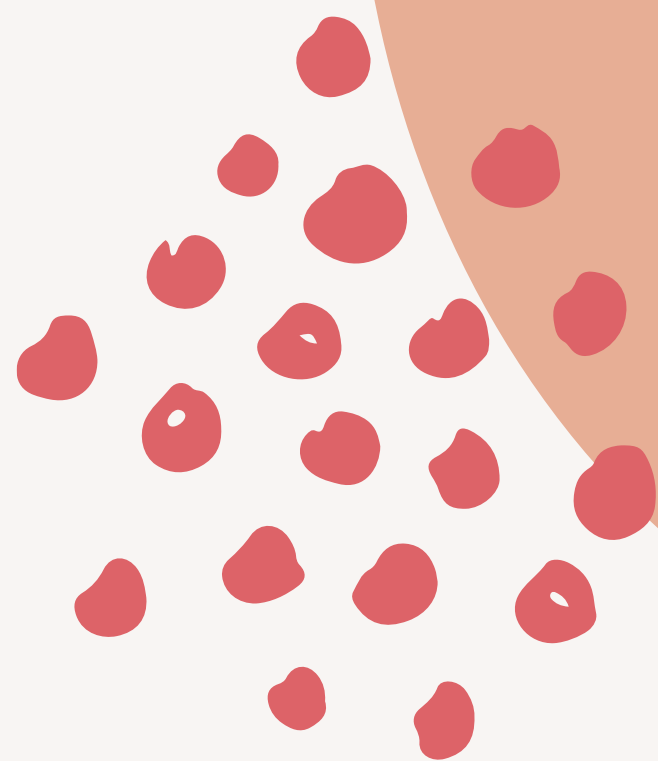
We'll explore...

- The Importance and Benefits of Purpose and Mindfulness
 - Assigning Purposeful Roles
 - Incorporating Education and Peer Support
 - Incorporating Mindfulness and Intention
 - Programming in Action – DROM for Seniors
- 
- 

Why Purpose Matters



By incorporating a sense of purpose into your fitness programs you increase program engagement, satisfaction, and give your participants the opportunity to experience deeper benefits beyond physical health.



Benefits of Purpose in Fitness Programming

01

Increased Motivation & Commitment

Seniors who feel they play an important role in their fitness community are more likely to attend regularly and stay engaged.

02

Social Connection

Taking on responsibilities encourages interaction, making participants feel like part of a team rather than just attendees.

03

Boosted Confidence & Self-Worth

Feeling needed enhances self-esteem and gives participants a reason to show up beyond just exercise.

Why Mindfulness Matters...

When integrated into fitness programs, mindfulness enhances both the physical and mental benefits of exercise.



Benefits of Mindfulness Fitness Programming

01

Improved Focus & Body Awareness

Encouraging seniors to tune into their movements, breathing, and posture can help prevent injuries and improve exercise effectiveness.

02

Stress Reduction & Emotional Well-Being

Mindfulness practices like deep breathing, guided relaxation, or setting intentions can lower anxiety, improve mood, and enhance overall mental health.

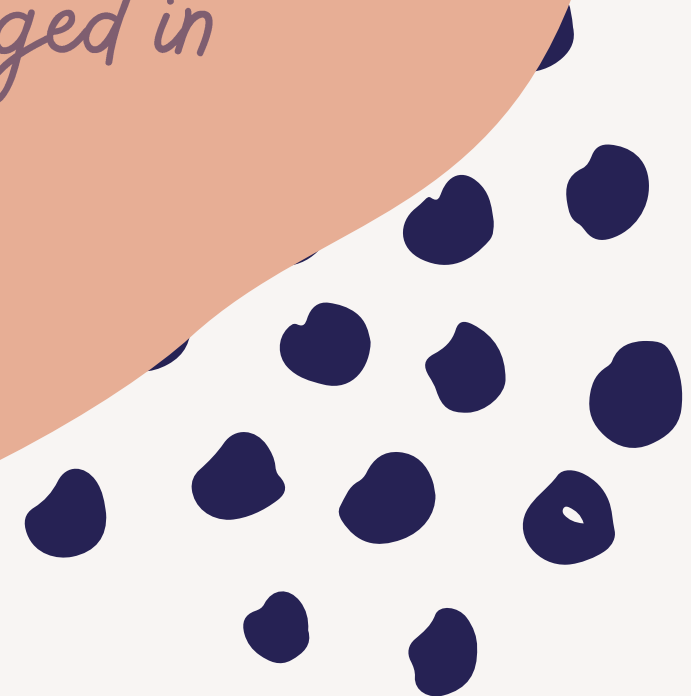
03

Better Physical Performance

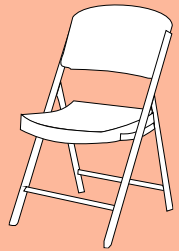
When participants are mentally present, they engage muscles more effectively and move with greater control and confidence

The Impact...

Incorporating purpose and mindfulness into senior fitness transforms exercise from a routine activity into an enriching, meaningful experience where seniors feel valued, connected, and fully engaged in their fitness journey.



Assigning Purposeful Roles



Setting up chairs or equipment



Distributing water or materials



Taking attendance



Assigning Purposeful Roles

Inviting/welcoming new participants



Selecting music



Leading/contributing to the class



Incorporating Education

Fact of
the Day

Fitness
Trivia

Explain the
benefits of
movements

Developing
SMART Goals

Workshops

Guest
Speakers

Health
Fair

Self-
Management
Programs

Peer Support



Buddies and Mentors

Pair new participants or have experienced participants help new ones—this builds leadership and community.



Team and Group Challenges

Walking challenges, team sports, competitions between floors or wings.



Group Discussion

Learning and reflecting together. Sharing and celebrating together.

Incorporating Mindfulness and Intention

A few
deep
breaths

Closing the
eyes for a
moment

Bringing
awareness to
posture

Setting an
intention for
the class

Body Scan

Progressive
Relaxation

Guided
Imagery or
Meditation

Identifying
one thing...



Now...

Let's experience it!





Thank you!

Questions?

Emily Johnson, Founder, StrongerU Senior Fitness
emily@strongeruseriorfitness.com
[Strongeruseriorfitness.com/naap2026](https://strongeruseriorfitness.com/naap2026)



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Questions? Email contact@strongeruseriorfitness.com



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