



Extend Healthspan for Older Adults with Engaging Gamified Technology that Strengthens Neural Pathways so They:

- Make quicker & smarter decisions while moving.
- Execute physical & mental skills more efficiently.
- Improve focus, balance, coordination, speed, & strength.
- Process what they see faster so they react faster.
- Build cognitive reserve to delay cognitive decline.

Parietal Lobe

Sensory - Rich Activities
Visual - Spatial Demands
Object - Based Activities



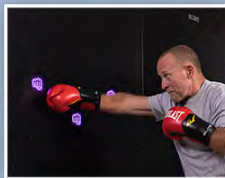
Frontal Lobe

Cognitively Demanding Activities
Open Skill Activities
Resistance Training
Mind-Body Exercise



Occipital Lobe

Visual - Spatial Demands
Visual - Attention Demands
Motor Control & Stimulation



Cerebellum

Coordinative Exercise
Skill & Motor Learning
Open Skill Activities



Temporal Lobe

Cardiovascular Exercise
Closed Skill Activities
Generalized Physical Activity



Comprehensive Dual-Task Programming and Assessments for all Levels and Abilities



- Active Aging
- Independent Living
- Memory Care
- Assisted Living
- Skilled Nursing
- CCRCs
- Life Plan Communities
- 55+ Communities
- YMCA
- JCCs
- Community Recreation
- Community Health

We incorporated SMARTfit into our BRAINHealth Program to help build routines that prevent, delay or reduce cognitive decline and memory loss by training the brain and body to work together more efficiently. Every participant in the BRAIN-Health Program has shown improvements in cognitive processing and motor neurocompetence. SMARTfit tracks changes and improvements. This data is significant to the trainer in selecting the appropriate activities to meet the participant needs. The SMARTfit System is also fun, further motivating participants to gain improvements in their cognitive and motor skills.” – Lynn McCrory, PhD, The Bay County Council on Active Aging

“Lifestyle recommendations, purposeful engagement, and graded challenges are critical to the successful implementation of personalized brain health programming. So thrilled to have SMARTfit dual task technology AND the brains of Dr. Rob Winningham as innovative partners.” – Sue Paul, Senior Director of Well Being and Brain Health at Asbury Methodist Village

“I have been working out on SMARTfit for 3 years and it has changed my life. It creates the engagement and demand that makes it all happen. I often I start with the intention to get in a few minutes' workout. Invariably, it turns out to an hour because it's fun. It is so engaging and fun time flies when I'm working out. I can feel the difference in my daily life. My processing feels quicker and I feel more confident about my ability to take care of myself as I age.” – Leslie, Retired School Teacher

“Twelve weeks ago, my friends dragged me to the YMCA. I did not want to carry that six-pound ball all over the place or stand on one foot, looking like a fool. But halfway through the first class on SMARTfit, I was too busy laughing, sweating, and playing with my friends to think about any of that. And now, 12 weeks later, I can stand on one foot without being afraid of falling, I can walk farther than I could five years ago, and I have a new group of friends who laugh with me and support me.” — University of Buffalo / YMCA MCI Study Participant



Dual-task study on Parkinson's disease at USC showed better results from SMARTfit's dual-task programming versus traditional single-task interventions in over 87% of participants.

Gamified Dual-Task Training for Individuals with Parkinson Disease: An Exploratory Study on Feasibility, Safety, and Efficacy

"Everything in Parkinson's research points to the need for combining cognitive challenges with physical activities – I cannot think of a better way to do that than with SMARTfit."

Dr. Beth Fisher, Dept of Physical Therapy USC

Published: 25 November 2021

“SMARTfit can improve executive functioning better than physical exercise alone or cognitive alone through dual tasking. The research supports that, and, if we can improve executive functioning that generalizes to things that have never been trained including activities of daily living that can maximize independence and quality of life. This includes the ability to create a new memory, ability to pay attention, ability to inhibit behavior, problem solving and reasoning.”



Dr. Rob Winningham
PhD, Neuroscience, Published Author, Western Oregon University.



SMARTfit Dual-Task Exercise Improves Cognition and Physical Function in Older Adults with Mild Cognitive Impairment:



"The key aims of the study were to detect changes in physical function (balance, walking, and lower-limb strength) and cognitive function (attention, interference inhibition, working memory, processing speed and task switching). We also assessed enjoyment, appeal, and ease of participating to gain a better understanding of how to delay the progression to Alzheimer's disease over time."

Dr. Nik Satchidanand, Study Director

Published: 30 January 2023

Multiple Solutions to Suit Your Space, Programs, & Populations

Note that the Low Impact Mini Portable can be Easily Moved to Individual Resident Rooms

SMARTfit Low Impact (Portable or On-Wall)



SMARTfit High Impact (On-Frame or On-Wall)



SMARTfit Trainer (Portable or On-Wall)



SMARTfit ProTrainer (2,3, or 4)



SMARTfit Neuro Kit



Return on Investment

When it comes to ROI, SMARTfit delivers a highly marketable Brain and Body Health and Performance solution that will attract, engage, and retain. Whether you include SMARTfit in your resident/membership fees, or charge separately, SMARTfit will add extra value to your business. Click on the QR code for our interactive ROI Calculator. Use the QR code or download at <https://smartfitinc.com/lp/roi>



Clients per Month	10
Sessions per Client per Month	8
Revenue per Session	\$ 50.00
Revenue per Client per Month	\$ 400.00
Revenue Total per Month	\$ 4,000.00
Labor Cost per Session	\$ 30.00
Labor Cost Total per Month	\$ 2,400.00
Monthly ROI (excludes overhead)	\$ 1,600.00

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