

Empowering seniors to live independently.

Fizikaflex helps seniors live independently through a fun, active, community-based health improvement program. An attractive and easy to use digital platform empowers individuals to take control of their health through daily tracking of exercise, hydration, sleep, nutrition, as well as, volunteer, social and learning activities.

Research in brain science shows a positive correlation between exercise, nutrition, water consumption, sleep, and socialization in preserving and enhancing brain health. Developed from this research, Fizikaflex motivates seniors to make healthy choices on a daily basis that can improve brain health.



Monday Daily Tracking Score: 6/6 [VIEW TR](#)

Tuesday

Step Count
Tracking Credit: 1pts

steps

Active Minutes
Tracking Credit: 1pts

minutes

Hours of Sleep
Tracking Credit: 1pts

hours

Did you connect with friends or family today?
Tracking Credit: 1pts

Yes, I did.

No, I didn't.

Water Intake
Tracking Credit: 1pts















Daily Food Intake
Tracking Credit: 1pts


Carbohydrates


Protein


Vegetables


Fruit


Dairy

Wednesday NO TRAC

Thursday NO TRAC

Friday NO TRAC

Custom Exercise Guide

Phase one of the product features a daily health journal and a downloadable exercise guide with 120 exercises to help seniors develop strength, flexibility, balance and cardiovascular stamina to stay healthy. Fizikaflex participants are encouraged to move through the four levels of exercises, Beginner, Intermediate, Advanced and Super Hero, as they improve aspects of their overall health.



Everybody Wins!

Participants input data on a daily basis and they can see their results each week on the virtual leaderboard. Points are accumulated based on the number of times someone logs data not whether a person walked more or drank more water than another participant. Rewards are earned based on the consistency of data entry in the health journal. This weekly recap helps participants gain support if their activity is lagging behind their peers. Fizikaflex encourages participants to exercise with others - increasing both their socialization and accountability.



Last Week's Leaderboard

Week View: **Week 2**

Fizikaflex users earn medals based on data daily entry. Everybody who enters data wins. Points are awarded based on maximum points of 120/week.

GOLD MEDAL WINNERS Point Totals: 80 - 120pts

	Margaret Smith Points Total: 120pts		Thomas Elliot Points Total: 117pts
	Phyllis Joy Points Total: 90pts		

SILVER MEDAL WINNERS Point Totals: 40 - 79pts

	Bill Murray Points Total: 78pts		Allison Hayes Points Total: 70pts
	Anne Miller Points Total: 63pts		Tom Sinclair Points Total: 63pts
	Phillip Myers Points Total: 56pts		Sherry Bills Points Total: 43pts

Future Development of Fizikaflex

In phase one of development, Fizikaflex is partnering with independent living communities, senior centers and other senior communities to participate in a 3 month pilot of the program. The pilot will provide valuable feedback on the future development of the product.

About Fizikaflex

Fizikaflex was designed and launched through Catamaran's Accelerator and Andculture, two organizations focused on fostering a growing entrepreneurial ecosystem in Central Pennsylvania.

Fizika Group, LLC is the developer and owner of Fizikaflex.

Fizika Group is a wholly owned subsidiary of b_Fizika, LLC, a Pennsylvania Benefit Company based in Lancaster, Pennsylvania. b_Fizika's mission is to develop and deliver innovative trainings, services and technology products to promote brain health across the life span.



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