



## Empowering Seniors to Live Independently

Fizikaflex helps seniors live independently through a fun, 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, medication as well as volunteer, social and learning activities.



*Andy Buchanan, age 63, credits Fizikaflex with helping him lose weight and get in shape. Now he and his wife can enjoy going on cruises.*

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 health.



*Want to start using Fizikaflex? Purchase this handy exercise guide. It's like having a personal trainer in your pocket. Download an ebook today:*

<https://fizika.whiteoak.com>

