

FITGATE

Christina Kaae

Physiotherapist

Founder & CEO FitGate

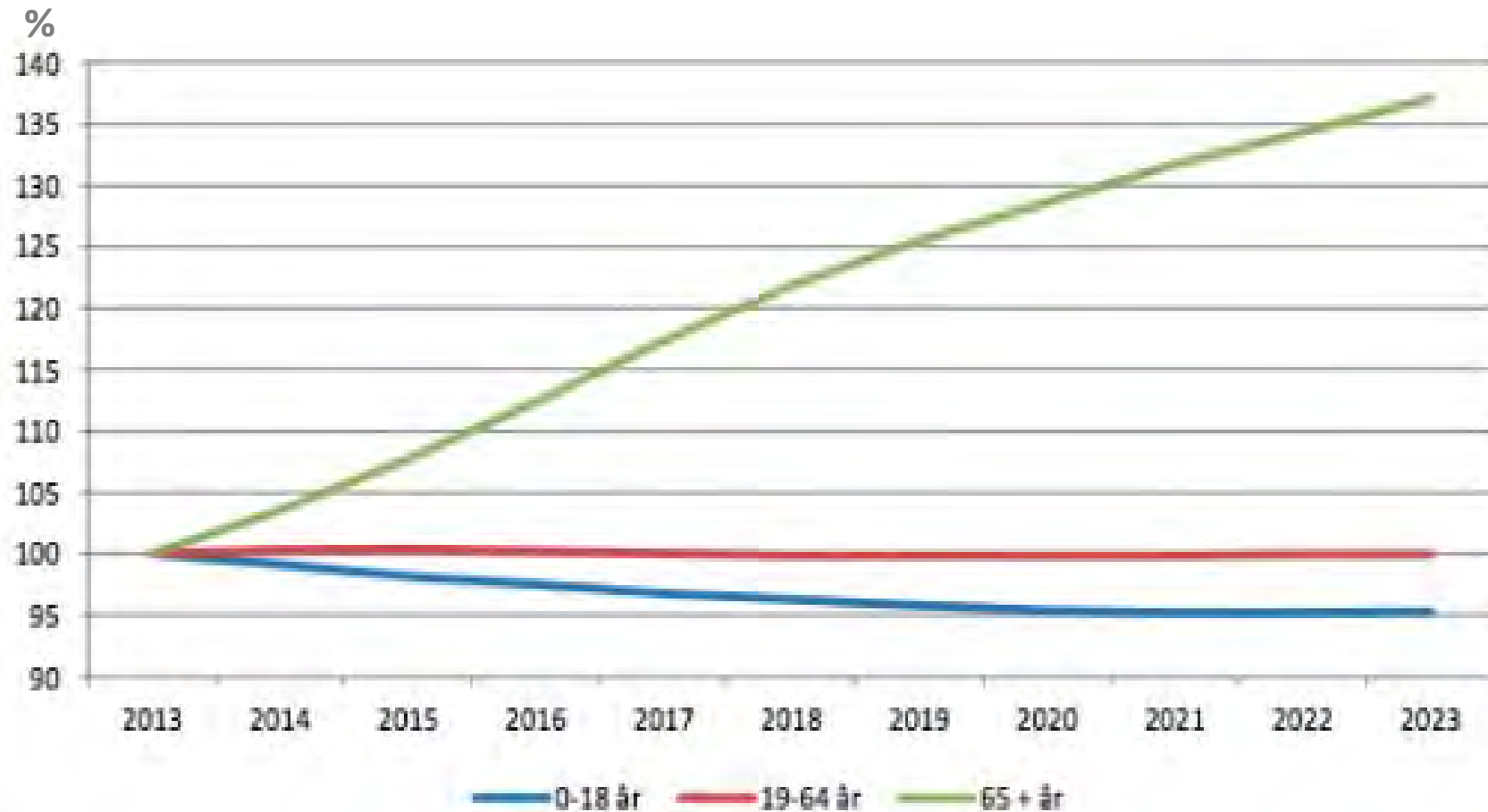
www.fitgate.dk

Fitgate.dk – Training for seniors made easy
Helping seniors maintain an independent & self-reliant lifestyle



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“The seniors are coming” Population prognosis Denmark 2013-2023

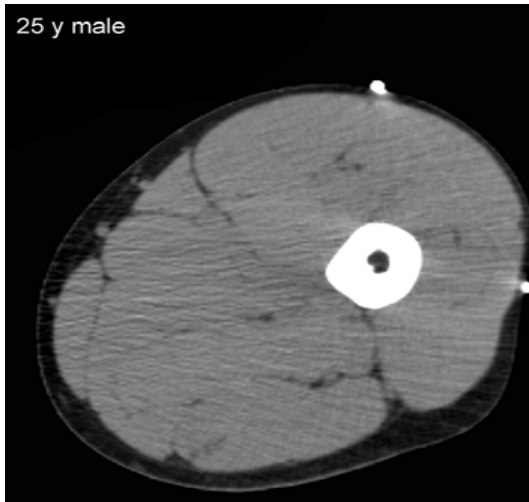


Source: Danmarks Statistiks befolkningsprognose maj 2012.



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Aging & Fitness

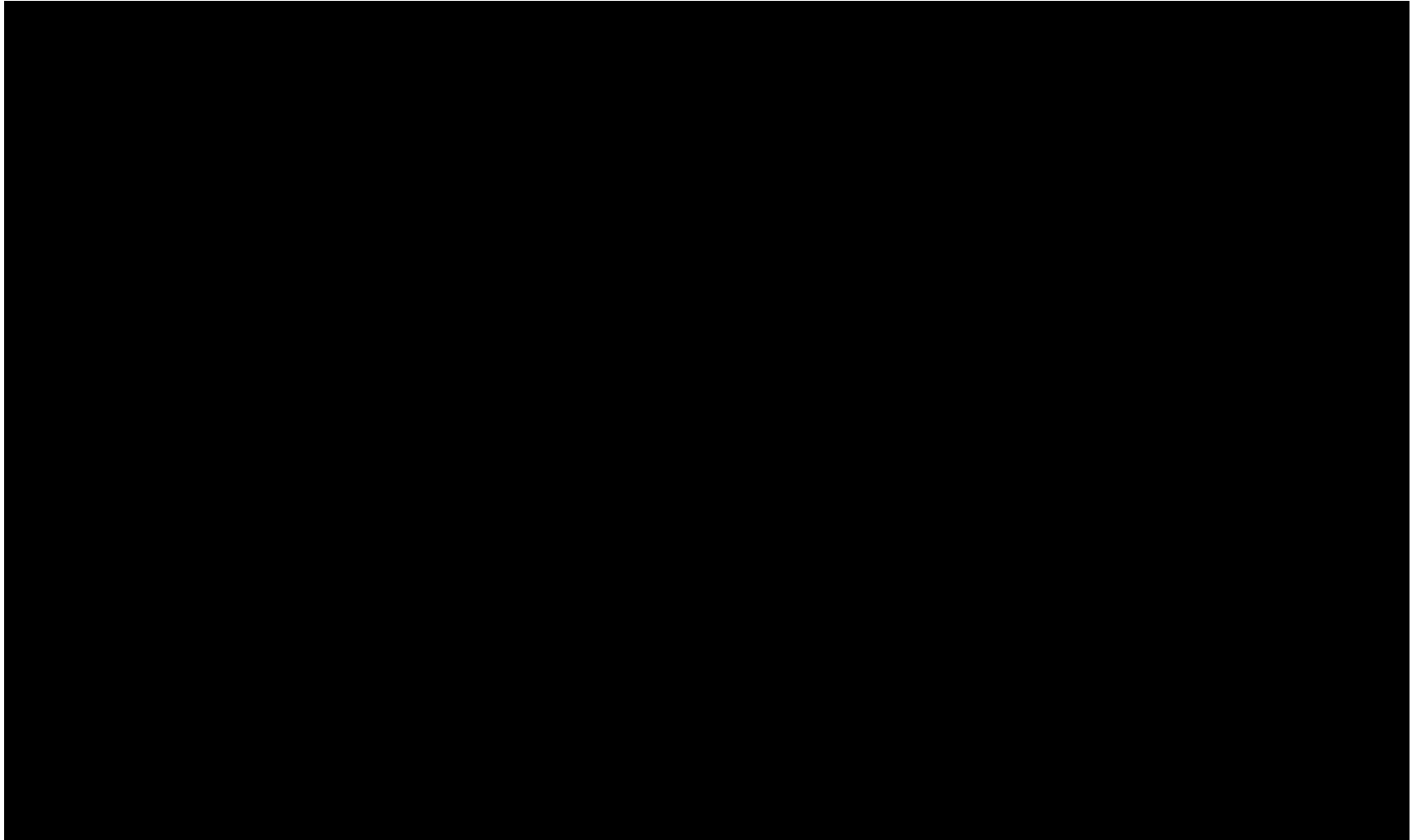


Up to 50% decline in muscle mass
and fitness from age 20-85



Strengthening
Cardio
Balance
Mobility/Flexibility

“The FitGate effect”
Movement = freedom



SENIOR TRÆNING

NEMT, EFFEKTIVT & TIL AT LAVE I STUEN

Hvor fit er du?

[SENIOR FITNESS TEST](#)

Kan du følge med?

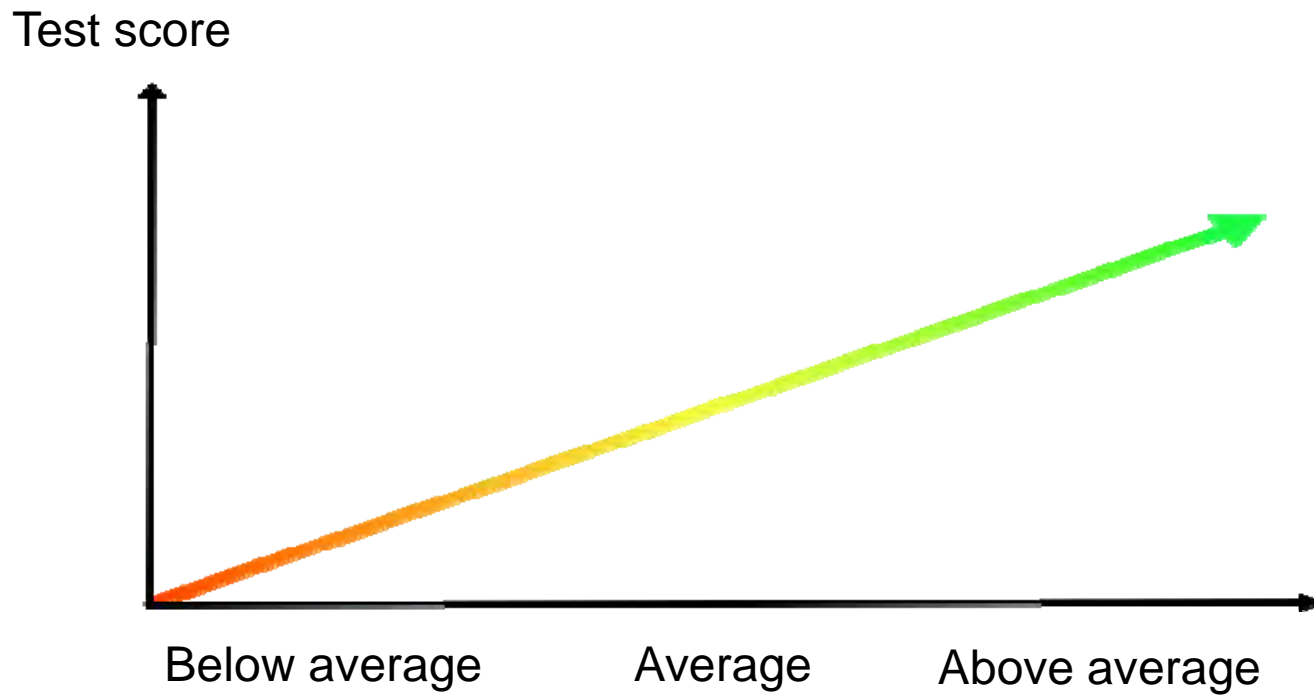
[PRØV INTROTRÆNING](#)





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FitGate Senior Fitness test



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Thank you

Visit us at www.fitgate.dk