

## Gerofit, Veterans Exercise Program

Age Requirements

60+

Available 24/7

Yes

Documents Required

Call for details

Other Eligibility Criteria

Serves veterans age 65 and older. The VA Medical Center provides emergency behavioral health coverage to former service members with other-than-honorable (OTH) administrative discharges and with honorable discharges.

Intake Process

Call for assistance.

Intake Contact Telephone

(888) 982-2463

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Salem VA Medical Center (VAMC)

<https://www.va.gov/salem-health-care/>

Main

(540) 982-2463

Toll-Free

(800) 698-2411

Phone Emergency

(800) 273-8255 x1

1970 Roanoke Boulevard

24153 VA

United States

Additional Availability Comments

Emergency crisis services are available 24 hours per day, every day, by calling the Veterans Crisis Line at 800-273-8255 (press 1).

Fee Structure

Call for Information

Languages Spoken

English

Gerofit is a supervised exercise program for older Veterans that was developed at the VA Medical Center in Durham, North Carolina, in 1986. As a part of Gerofit, veterans are given a personal exercise program based on their physical profile and goals. Veterans are welcome to remain in the program as long as they wish.

Gerofit can include individual and group based exercises such as Tai Chi, line dancing, balance, core coordination, and strengthening classes. The exercise program may include treadmills, elliptical machines, stair climbers, bicycles and a variety of strengthening machines. Guidance in carrying out the exercise program is provided by trained exercise staff such as a nurse or physical therapist.

Participants in the program have demonstrated improved health, physical function and well-being. They have shown improvements in blood pressure, diabetes management, symptom management, well-being, quality of life, physical function, overall fitness, and longevity.

Service Area(s)

Alleghany County

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Bedford County

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Bland County

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Botetourt County

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Carroll County

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Craig County

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Danville City

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Floyd County

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Franklin County

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Galax City

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Giles County

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Henry County

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Montgomery County

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Patrick County

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Pulaski County

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Roanoke City

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Roanoke County

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Rockbridge County

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Salem City

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Tazewell County

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Wythe County