

Main Nav Tab: Services

Dropdown/ Page: AgeProof Your Body

Section 1: Reclaim Your Strength and Agility with AgeProof

Section 2

The AgeProof Your Body exercise program began in 2018 as a collaboration between NVFP and the Doctors of Physical Therapy at [MovementX](#). NVFP was looking for a pathway to help its patients exercise safely, effectively, and consistently. Now, AgeProof is a wildly popular fitness program that is being offered online to NVFP patients and the broader exercise community.

If you are looking for ways to be healthy and strong from the safety and comfort of your own home, sign up for AgeProof! NVFP patients get full membership access at a discounted rate.

CTA: [Become an AgeProof Member Today](#)

Section 3: Why Sign Up?

AgeProof classes are designed to help individuals move better and exercise more, regardless of their age or fitness level. It also supports your overall well-being by providing tips for nutrition and sleep.

Over 100 NVFP members, including staff and providers, participate in AgeProof throughout the year. Whether you're new to exercise, trying to improve your strength and mobility, or simply maintaining your health, AgeProof can help you achieve your wellness goals!

*"This year, I was able to squat to tighten the screws on my Christmas Tree stand. I would have never tried to squat down in the past—**now I can.**"*

— Anonymous NVFP AgeProof Participant

Section 4: NVFP Patients Enjoy Exclusive Access to Wellness Events

Section 5: Take control of your health (text above CTA)

CTA Button: Join our practice today

Section 6: Learn More About Our Services [4 tiles ,w/hover over (like services on HP)]

Primary Care Services - Full spectrum of primary care services from newborn to geriatric care plus specialized focus areas

COVID-19 - Read our response to COVID-19

Events - Check out our calendar of upcoming events

FAQs - See the answers to our most frequently asked questions

Section 7: Resources Section

AgeProof Resources

-Include Townhall video somewhere on this page: https://youtu.be/0S_qUQcXajM

Section 8: CTA

Take control of your health (text above CTA)

CTA Button: Join our practice today