

# "Take Back Your Life!"



**Craig Marcacci**  
**"Easy Does It!" - Fitness for Seniors**  
9323 Berry Ave.  
St. Louis, MO 63144  
E-mail: [craig@cmfitness.com](mailto:craig@cmfitness.com)  
[www.cmfitness.com](http://www.cmfitness.com)  
314-397-4206  
866-232-1501 (Toll Free)

Hi, my name is Craig Marcacci. I am a fitness trainer, speaker, and consultant.

I have been training seniors for 21+ years and now speak to seniors about the importance of fitness and the fitness related challenges they face with age. We would welcome the opportunity to present a program to your residents on this important need.

I am the creator of the "Easy Does It" senior fitness videos, the "3 Minute Golf Warm-Up" and the "5 Minute Golf Warm-Up" videos. I am working on a new senior fitness video which will be the next level of difficulty in the "Easy Does It" series.

## My Presentations:

- Are easy to follow and common sense based
- Address what happens to bones, muscles, flexibility, balance, mood and cognitive function as we age
- Are informative, motivational, entertaining & interactive

## Most Requested Programs:

- Take Back Your Life
- Senior Fitness Roundtable - Question & Answer
- Demonstration Style Workout

**"Take Back Your Life!"** is not sales oriented however videos are available. My audiences benefit greatly from the presentation and I have a real connection with the older population. It brings me great joy to share my knowledge and experience.

I hope I can be of help to you in planning programs for your residents during the coming year.

Sincerely,

*Craig Marcacci*

## Recommended Organizations:

- National Federation of Professional Trainers (NFPT)
- National Speakers Association (NSA)
- American Senior Fitness Association
- Administration on Aging
- Arthritis Foundation

