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Personal Trainer Launches New Book on Helping Older Adults Improve Their Independence

Buffalo, NY – Jill Bronsky, M.S., best selling author and owner of Forward Fitness, Inc., has just launched her new book **“Keeping Your Parents Active and Independent.”** Jill works with older adults and has been providing exercise programs in the community for over 20 years. Through her work, she discovered that family members found it very challenging to know how to deal with their parents physical decline. She realized that many parents themselves did not have the knowledge or the motivation to become active or to start an exercise program. Jill’s book offers the support and encouragement that many family members need to help improve their parents functional mobility, balance, and strength. Most of all, Jill provides the reader of the book with the confidence to help get their parents active so they can go further and do more.

Having your parents get older and knowing how to deal with their physical decline can be very challenging. “I found that even small changes in an individual’s activity level can make significant improvements in a person’s independence,” said Jill. “Older adults and their children need to realize that it is never too late and you are never too old to start moving and to begin an exercise program.”

Jill will be providing speaking engagements throughout the community as she offers her expertise in the area of exercise training for older adults to help reduce the probability of falls, to improve function, and to increase independence. Whether you are looking for information for yourself or a loved one, now is the perfect time to learn simple ways to “move” toward better health! For more information on her new book or to get a schedule of her speaking engagements visit www.forwardfitnessinc.com