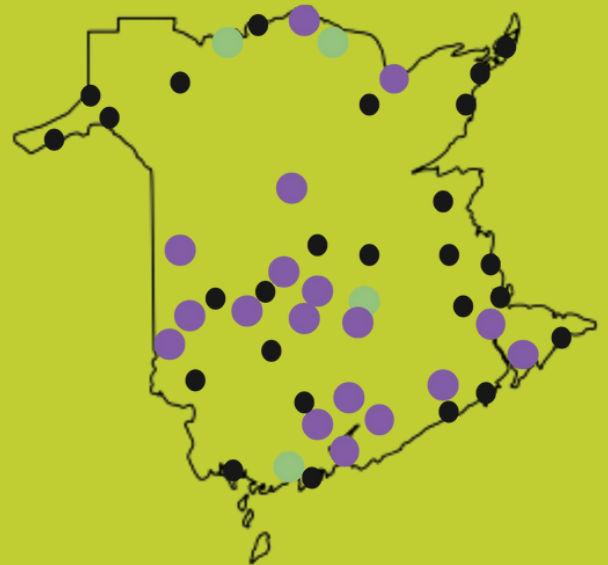




Zoomers on the Go

Zoomers on the Go is a free fall prevention exercise program for adults aged 50+. It is offered by peer leaders three times a week, all year long.

Zoomers on the Go is currently offered to more than 1000 participants in French and English across New Brunswick in person and online.



- Participants
- Participants and Leaders
- Leaders in-training

Over 3100 seniors have participated in the program since 2009. Several studies led by Dr. Danielle Bouchard at UNB have shown that Zoomers on the Go participants reduce their risks of falls and improve their activities of daily living

Zoomers on the Go is led by peers who volunteer their time to bring this program to all our participants.

"No leaders, No Zoomers"

Fitness New Brunswick certifies our volunteer leaders to deliver Zoomers on the Go. The training is a mixture of both theory and practical education and it ensures our leaders are prepared and comfortable to lead a successful Zoomers on the Go program.

