

Rev it Up™ by revera



“Studies have
found...


that after 14 days, seniors
who followed a regimen
of proper diet and exercise
improved their overall
health and wellness. ”



Rev Up your Retirement

Rev it Up by Revera is an innovative, fun approach to feeling fit and fabulous, regardless of your age or ability. Unique to Revera, the program is offered at a number of our vibrant retirement communities. Rev it Up by Revera is a personalized program that gives you the support you need to regain and retain strength, flexibility and overall good health.

Savour delicious, healthy options

An important part of a healthy lifestyle is diet, which is why Rev it Up by Revera incorporates Revera Right Choice menu options at every meal. These options are not only loaded with nutrition, they're also a treat for your taste buds. Wherever you find this symbol, , you'll find a Revera healthy option, available in a variety of portion sizes – making it easier for you maintain a healthy weight and optimal nutrition for healthy aging.

Our philosophy

Given a supportive, safe environment, personalized programming from trained fitness instructors, and an integrated approach to fitness and nutrition, you can continue to enjoy an independent, vibrant retirement!

Call us today and discover Rev it Up by Revera!

24-hour information
1-877-929-9222

reveraliving.com

Canadian-owned, with over 45 years' experience, Revera provides retirement, long-term and in-home care in over 200 locations.