

MIGHTY HEALTH LAUNCHES DIGITAL-FIRST WELLNESS PROGRAM FOR SENIOR VETERANS' COMMUNITY

Program provides residents of Knollwood in Washington D.C. with complimentary membership to the healthy living app

WASHINGTON D.C., July 12, 2022 – [Mighty Health](#), the first holistic wellness program and app designed specifically for older adults, has teamed up with ADF, a 501(c)(3) non-profit that operates award-winning senior community [Knollwood](#) in Washington D.C., to provide Knollwood's 150 residents and their families with complimentary Mighty Health app membership. With the aim to help participants meet fitness goals and improve everyday health and wellness, Mighty Health launches at Knollwood this month with a three-month pilot, offering personalized fitness plans, low-impact workouts, daily health coaching, customized nutrition plans, live community events, and more.

"People often think of older adults as not being able to benefit from apps and other digital health technologies, but these can actually be excellent tools for managing health—no matter your age," said James Li, CEO and Co-founder at Mighty Health. "We're extremely excited to join forces with ADF and Knollwood to support this wonderful community and discover ways to improve everyday health together."

The partnership—born through a mutual participation in AARP Innovation Labs' [AgeTech Collaborative™](#), which connects forward-thinking startups and industry leaders in a space created to generate big ideas—offers all Knollwood residents, typically in their 80s, and their adult children, often in their 50s and 60s, free membership to Mighty Health, designed distinctly with older adults in mind.

"We strive to offer our residents the very latest in health and wellness to add value to every area of their lives, and Mighty Health is the digital hub we have been looking for to deepen our dedication and access to healthy diet, nutrition, exercise, and general wellbeing," said James Michels, Vice President of Development and Strategic Partnerships at ADF. "We are thrilled to integrate Mighty Health into our way of living here at Knollwood."

"The AgeTech Collaborative™ is an ecosystem, a one-stop destination, and a sustained effort to make the promises of AgeTech a reality," said Rick Robinson, Vice President of Product and Startup Engagement at AARP. "Everyone 50-plus, families and caregivers will be the ultimate beneficiaries of new, better products and services for the second half of their lives."

Knollwood residents who download the app to their phone or tablet will have full access to Mighty Health fitness and nutrition plans, live virtual events such as cooking classes, meditation sessions, and doctor Q&As, and their own dedicated, board-certified health coach. Mighty Health coaches are in touch with members on a near-daily basis to check in on progress, provide encouragement, and address any questions or needs that arise.

Once the Mighty Health pilot program concludes this fall, the partners plan to lay the groundwork for an ongoing presence of Mighty Health at Knollwood.

About Mighty Health

Mighty Health is the first exercise, nutrition, and wellness program created specifically to help older adults and beginners feel more energetic, stronger, and motivated every day. Designed by world-class doctors and health industry thought leaders, Mighty Health's digital wellness program provides members with access to more than 200 joint-friendly workouts, personalized nutrition plans, board-certified health coaches, and fun live virtual events, such as sleep meditations, cooking classes, doctor Q&As, and more. Mighty Health is backed by investors including AARP, NFL Hall of Famer Joe Montana, Clover Health founder Vivek

Garipalli, the owners of the Sacramento Kings, Y Combinator, and others. Visit mightyhealth.com, follow [@mightyhealthapp](https://twitter.com/mightyhealthapp), and download the app ([iPhone](#), [Android](#)) to begin your health journey.

About ADF

ADF is a 501(c)(3) charity established in 1959 that provides housing, health, and wellness services to older people who served our nation. ADF provides these services at Knollwood Life Plan Community in Washington, DC, which ADF built, owns, and operates. To learn more visit www.armydistaff.org.

About AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. With a nationwide presence and nearly 38 million members, AARP strengthens communities and advocates for what matters most to families: health security, financial stability and personal fulfillment. AARP also produces the nation's largest circulation publications: AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org, www.aarp.org/espanol or follow [@AARP](https://twitter.com/AARP), [@AARPenEspanol](https://twitter.com/AARPenEspanol) and [@AARPadvocates](https://twitter.com/AARPadvocates), [@AliadosAdelante](https://twitter.com/AliadosAdelante) on social media.