

FREEDOM THROUGH FUNCTIONALITY



*The **Freedom Through Functionality** program brings you the best and latest in strength building. It includes programs designed to build strength and independence, Nautilus® equipment modified specifically for seniors and the clinical expertise to generate great results.*

ENJOY A HEALTHIER LIFESTYLE

Older people of all ages and physical conditions have much to gain from exercise and staying physically active. With the **Freedom Through Functionality** strength-building program, seniors can regain their strength, confidence and independence.

CREATED WITH YOU IN MIND

Using Nautilus® equipment developed with you in mind, our program is specifically designed to meet the needs of older adults.

No matter your age or physical condition, our program helps you exercise safely and to your physical potential. Our equipment features enclosed weights with smaller weight increments, controlled range of motion, comfortable seats and pads for postural support.

Our therapists will teach you how to perform the exercises correctly under their supervision so you can feel confident while you work toward your therapy goals.

BUILDING CONFIDENCE

Exercise doesn't just affect the way you feel physically. It affects how you feel mentally and emotionally as well. We know that it can be difficult to rely on another person to perform the basic activities of daily living, but gaining strength to perform some or all of these tasks on your own will enhance your confidence and increase your independence.

BUILDING A HEALTHIER BODY

Freedom through Functionality's exercises build muscle, but they do more than just make you stronger. They may improve your independence by giving you more strength to do things on your own – sit and stand taller; reduce the likelihood of falling; move arms, legs and trunk more freely; get out of bed and chairs more easily; and walk faster.

Increasing muscle mass also increases metabolism, helping to keep weight and blood sugar in check. That's important, because obesity and diabetes are major health problems for older adults.

Additionally, clinical studies suggest that increasing strength may help prevent osteoporosis and can alleviate joint pain and discomfort caused by arthritis.

Call for an appointment: 507-665-3375