

WHY STRENGTH MATTERS!

[The National Institute on Aging](#) recommends strength-training exercises two to three days per week with a rest day between sessions. Strength-training is ideal for:

Overall Wellness

A regular program of strengthening, combined with aerobic exercises, can help reduce or prevent many functional declines associated with growing older.

Fall Prevention

Muscular strength is directly connected to functional ability and balance control, which helps with the management of everyday chores and maintaining functional ability.

Lower Back Pain

Strengthening the core muscles of the abdomen and lower back often helps relieve lower back pain.

Rehabilitation

Strength-training modalities are critical to recovery following various injuries, surgeries or illnesses.

*As with any fitness program, participants should be sure to talk to their doctor before starting a strength-training program.



WHY HUR?

Traditional equipment is often intimidating and not appropriate for a wide range of abilities. Whether individuals have exercised all their life or never stepped foot into a gym, HUR fitness equipment offers **the strength they need for the results they want.**

POWERED by HUR Premium Equipment



- **Pneumatic Resistance**
Resistance from air pressure - not weight stacks - is easy on joints and connective tissues (and is quiet too!).
- **SmartTouch Technology**
Automated equipment empowers users to safely engage in their unique strength training program.
- **Easy Access On and Off**
HUR's user friendly design removes barriers and is ideal for older adults and wheelchair users.
- **Natural Transmission**
Pneumatic resistance follows the natural movement of the muscle providing a safe and effective training solution.
- **Near Zero Starting Loads**
Low starting weight makes HUR equipment ideal for a wide range of abilities.
- **Small, Incremental Resistance**
1/10 pound incremental increases allow for controlled progress and easy-to-see gains.
- **Global Industry Leader**
HUR is a world-wide leader in strength training for older adults with over 30 years of experience and 15,000 installations on five continents

HUR Strength Training Equipment distributed by:



Scan the code to view our catalog.



"I love the HUR equipment because I have seen firsthand how it strengthens our residents bodies and reduces their risk of falling. When I tour potential residents and their families, having a **well-equipped wellness center** that produces amazing results makes a big difference and **helps set our community apart from the competition.**"

*~ Laurie Bandy, Community Relations Director
at The Legacy At South Plains*

422 N. Northwest Highway, Suite #220
Park Ridge, IL 60068 (877) 729-2636 | HURUSA.com