

WHY **BALANCE** MATTERS!

Balance is a crucial but often overlooked component in overall health. Everyday activities like climbing stairs and walking requires good balance.

Effective balance programs should establish baseline measurements and recommend customized training programs to track and train for ongoing progress.

HUR SmartBalance combines scientific balance assessments and a variety of interactive training games into one complete balance program. Track ongoing progress through easy-to-read balance scores and compare previous balance tests.

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

HUR SmartBalance Features

- **Baseline Measurements**
Romberg and Limits of Stability used to assess balance
- **Balance Scores**
Traffic light format make reports easy to understand
- **Track Ongoing Progress**
Easily compare test scores to see balance improvements
- **Custom Training**
Improve balance with customized games and targeted strength training
- **Motivational:**
Nine fun & interactive balance games make improving strength and coordination enjoyable
- **Wheelchair Accessible:**
Train directly on the platform without leaving the wheelchair
- **Easy Access**
Low step up height, wide support rails and adjustable screen height

HUR Strength Training Equipment distributed by:



Scan the code to view our catalog.



"When we get [residents] on the HUR SmartBalance and run an assessment, many are surprised by how their balance is deteriorating. This allows us to create a program for them early, before they fall, or **before their lack of balance starts to prevent them from doing what they love.**"

North Hill, Senior Living Community

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