

## Senior Fitness has many new advances



The New Year always brings a multitude of Baby Boomers into a personal pledge for wellness. With more and more seniors getting fit inside the gym at rehabilitation centers and major advances in technology, plan to see new fitness resources in 2013.

The most advanced rehabilitation centers use “Smart Card” technology. By sliding the card into the small computer monitor, the machine remembers your last workout. The

machine’s memory includes personal settings, such as weight, age and gender and also adjusts factors for the speed, resistance and number of reps in physical rehabilitation. The Smart Card system is for exercise planning, recording, feedback and instructions. It also sets up the exercise machine’s repetition and resistance automatically.



More equipment on the horizon operates with air. According to HUR Fitness Machines for senior rehabilitation, the newest advent of senior rehabilitation uses air resistance. They claim it’s one of the safest measures for the active and aging population. “Using air as resistance overcomes the additional effort required to lift a static weight at the beginning of an exercise and to slow it down at the end, making the movement feel smoother and safer to execute. HUR’s more consistent load reduces stress on joints and connective tissues. The workload is

applied more specifically to the muscles for more effective results. It mimics the natural function of the muscles.”

The latest treadmill called the AlterG comes from technology developed by NASA. From the waist down, the treadmill encircles the body with differential air pressure technology, which was initially developed to help astronauts learn to walk on the moon. The significance comes with the ability to reduce body weight, much like walking in water. Therapists can actually calibrate the precise unweighting of the body up to 80%. This means that if a patient can’t walk due to pain with weight bearing, then weight is taken out of the equation. But the machine adds more to rehab. It’s connected to a viewing monitor to allow the therapist to give cues to improve walking patterns and to allow the patient to speed-up their learning through the use of this visual feed-back technique. Because it’s low-impact, it’s better for seniors who mandate a more comfortable exercise experience.

