

BECAUSE **70** IS THE **NEW 50**



There's no doubt about it – growing older isn't easy. The good news is scientific evidence indicates that physical activity extends years of active and independent living, reduces disability and improves quality of life for older adults.

Whether you've exercised all your life or never stepped into a gym, **HUR fitness equipment provides you with the tools you need to gain the strength you want.**

- **Increase muscle tone** to stand, move, dance, eat, work and play
- Challenge and **improve balance** to prevent injury and preserve independence
- **Build stamina** to pursue passions and maintain relationships
- **Regain strength** following an injury or illness



TESSERA
WESTCHASE
is POWERED
by HUR



HUR
The NEW AGE of STRENGTH

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BALANCE
IS
INDEPENDENCE



POWERED by HUR

HUR SmartBalance is the perfect tool for assessing balance and creating a specialized training program based on **your individual needs**.



Balance is a crucial but often-overlooked component in overall health. Every day activities like climbing stairs and walking require good balance, and are key to maintaining strength and independence.

HUR SmartBalance features:

- A. Scientifically-proven** testing methods provide an accurate baseline measurement; you'll know exactly where you're starting and where improvements can be made
- B. Interactive** computer programs are easy to navigate and features large buttons, clear graphics, and an intuitive touchscreen
- C. Motivational** and fun balance training games make improving strength and coordination enjoyable
- D. HUR SmartTouch** software provides personalized workout plans
- E. Easy access**, with a wide entry platform and adjustable support rails
- F. Comprehensive reports** include easy-to-understand graphics that help track your progress and create new goals

HUR is a world-wide leader in strength training for older adults with more than 30 years of experience and 10,000 installations on five continents.

Evaluate, Strengthen and Enhance Stability with **HUR SmartBalance**



WHY BALANCE MATTERS

The National Institute on Health reports that **each year, more than one-third of people age 65 or older fall**. Falls and fall-related injuries such as a hip fracture, can seriously impact your long-term health and ability to live independently.

Fall Prevention

Along with strength exercises, balance training can help prevent falls by improving your ability to control and maintain your body's position, whether you are moving or standing still.

Functional Health

Balance control is directly connected to functional ability: having good balance helps to make everyday activities easier and less risky.

Rehabilitation

Balance training is critical to recovery following injuries, surgeries or illnesses. Getting back to your regular activities sooner makes your life healthier, happier and more independent.

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