

Freedom Through Functionality

Experience the Freedom

Freedom Through Functionality is a proprietary program developed by Nautilus® and utilized exclusively by Aegis Therapies, our therapy provider. This program brings the best and latest in strength building to seniors.

It includes Nautilus equipment modified specifically for seniors, exercise programs developed by experts in geriatric rehabilitation and the clinical expertise to generate great results.

We are proud to offer this exceptional program to our residents, and we invite you to visit us.

The Freedom to Succeed

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

Developed specifically for seniors

Our program is specially designed to meet the needs of older adults. Freedom Through Functionality utilizes Nautilus equipment developed with you in mind. Comfortable seats and pads for postural support, controlled range of motion, enclosed weights and smaller weight increments—ensure that no matter what your age or physical condition, you can exercise safely and to your physical potential.

Our trained personnel will teach you how to perform the exercises correctly, and you will exercise under their supervision.

Building a healthier body

Freedom Through Functionality's exercises build muscles, 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, get out of bed and chairs easier, walk faster, and move arms, legs and trunk more freely.

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.

Regaining a positive outlook

Exercise can make a real difference in how you feel—not only physically, but also mentally and emotionally.

If you have had to rely on others to perform many of the basic activities of daily living, simply gaining the strength to perform some or all of these tasks on your own can boost confidence and restore dignity.

For more information, please visit
www.goldenlivingcenters.com

Golden LivingCenters offer services and programs to patients without discrimination on the basis of race, color, creed, religion, sex, national origin, age, disability, status as a Vietnam era veteran, qualified special disabled veteran, recently separated veteran, or other protected veteran, or source of payment.