



Prescribed for Progress™

## SENIOR LIFESTYLES

SCIFIT equipment provides opportunities for people of all ages to stay active. Using SCIFIT equipment and programs can help improve strength, balance, flexibility and endurance to make it easier to perform the activities of daily living. These improvements can also help prevent slips, trips and falls, and may help speed recovery from injuries. SCIFIT equipment is easy to use and features simple, familiar movements to improve functional health and promote independence.

### Preferred Products for Senior Lifestyles

- PRO1000 Upper Body Exerciser
- PRO1 Upper Body Exerciser
- ISO1000R Recumbent Bike
- AC5000 Treadmill
- DC1000 Treadmill
- PRO2® Total Body Exerciser
- REX™ Total Body Recumbent Elliptical
- StepOne™ Total Body Recumbent Stepper
- SXT7000e2 Total Body Elliptical





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# SENIOR LIFESTYLES

## Quality of Life

SCIFIT provides opportunities for individuals of all ages to get active and stay active. Exercising on easy-to-use SCIFIT equipment and programs can help improve heart health, strength, endurance, range of motion, flexibility and balance.

## Easy to Use

SCIFIT equipment is easy to use and features simple, familiar movements – walking pedaling, pushing and pulling. The large touch screen features an uncluttered menu with high color contrast and large font size.

## Accessible

SCIFIT products offer complete accessibility including direct wheelchair access, low step over, swivel seats and assistive handrails and steps to meet the needs of everyone.

## Ideal Positioning

SCIFIT offers a variety of crank adjustments and seating positions. These features provide the user to be properly positioned to ensure ideal ergonomics.

## Decrease Localized Fatigue

The majority of SCIFIT products feature bi-directional resistance, which allows the user to exercise in both forward and reverse, changing directions at any time and as often as desired. Bi-directional resistance aids in the recruitment of reciprocal muscle groups and reduces the risk of injury from muscle imbalance. Changing directions can decrease localized fatigue, resulting in the ability to prolong the workout.

## Safety

Built-in safety features equate to a low risk of injury. From sturdy side handrails to low starting resistance, SCIFIT equipment has safety features integrated to keep individuals safe while staying physically active.

