

# Empowering Independence

By Leo Novsky

When Helen Nordling, 92 needed some exercise in the past, she used to love taking a leisurely stroll around Farrington Court with her friends. Lately, though she has been afraid to walk by herself around due to several falls that she has taken in the past few months. "I am afraid of falling," Helen said, echoing the worry of so many other seniors.



But you will not find Helen taking this challenge sitting down— she has empowered her own independence by exercising with our trainer Che Constable on the Fitness Arch, a revolutionary piece of fitness equipment that is at the center of Farrington Court's newly revamped Farrington Court's PrimeFit Balance Builder Program.

The Fitness Arch-EZ is different from traditional fitness equipment. It can be used with any chair, wheelchair, or a scooter. It can even be safely used with a fitness ball. Affectionately nicknamed "Bowflex for seniors," by some of the users, the Fitness Arch-EZ allows them to engage in strength, cardiovascular, flexibility and balance training in both sitting and standing positions by using either the exercise bars or the interchangeable resistance bands. Most importantly, unlike the Bowflex and other fitness equipment, the Fitness Arch-EZ is designed allow users to improve their current fitness level without fear of falling. Whether you are fit or frail, strong or just starting out on your fitness program the Fitness Arch-EZ can help you to build your strength improve your balance and empower your independence.

Working with Che for the past 4 months on the Fitness Arch, Helen has seen some fantastic results. "I used to be afraid of exercising," Helen said smiling "but working on the Fitness Arch has taken the fear out of exercising for me. It does not even bother my shoulders as NuStep machine does." Helen is not alone in her enthusiasm. Residents like George and Bernice Bunelle and Bob Kempfer are just a few of our residents who started to exercise regularly on the Fitness Arch-EZ with Che. And in hey embraced the opportunity to take control of their health and empower their own independence.

If you ask Che about the positive difference that the Fitness Arch-EZ has made in the fitness of Helen and 6 other residents who regularly train with her, she is not shy in her praise: "I think that the Fitness Arch is an important addition for our community. What impressed me the most is that the Fitness Arch is particularly useful for people with low fitness or absolutely no fitness. When I first started to work with Helen, I saw that she was not challenging herself because she was afraid of injury, but when she started to work out on the Fitness Arch I saw her fear just melt away. In the past 4 months Helen has improved her strength, her balance, and her self-esteem by using the Fitness Arch. I am so proud of her."

If you would like to improve your balance, increase your strength and empower your independence, talk to Che Constable about joining the new PrimeFit Balance Builder Program and she will gladly help you discover the power of independence on the Fitness Arch-EZ.

