



*Targeted to older adults, a new outdoor gym in Santa Ana, California, provides Greenfields equipment*

## **Greenfields equipment featured in center's new outdoor gym**

The Santa Ana Senior Center in Santa Ana, California, recently opened an outdoor exercise zone featuring sturdy, low-impact, wheelchair-accessible exercise equipment from Greenfields Outdoor Fitness. Built in a space previously occupied by an underused shuffleboard court, the outdoor gym provides older adults with a way to stay active without having to pay a membership fee. The center chose Greenfields' equipment specifically with older users in mind. Most units allow two to four people to exercise at the same time, creating a social, motivating environment. For details, call Greenfields toll-free at 888-315-9037 or check out [www.greenfieldsfitness.com](http://www.greenfieldsfitness.com).

## **SwimEx introduces zero-entry wheelchair lift for 1000T pool**

In its largest aquatic therapy pool, the model 1000T, SwimEx now offers an integrated platform lift that is powered by a water-only hydraulic system. This feature allows zero entry for anyone requiring assistance. The platform is large enough to accommodate a wheelchair and can be operated by one person. In addition, individuals can enter and exit the pool while other people are being

treated—only the lift moves, not the whole floor. The 1000T pool provides three different water depths. Contact SwimEx for more information at 508-646-1600 or log on to [www.swimex.com](http://www.swimex.com).

## **Wellness program uses Biodex equipment**

Biodex Medical Systems recently partnered with New Perspective Senior Living in Eden Prairie, Minnesota, and its Vivid Living program. Vivid Living takes current residents showing a slight decline and attempts to reverse it. Life coaches manage residents' care and monitor progress, providing residents with mental, spiritual, social, nutritional and physical support. Among key components are regular sessions on the Biodex BioStep, Balance System, Gait Trainer and Upper Body Cycle. The program's success with residents has led New Perspective to offer Vivid Living to members of the surrounding community. Find out more about the Biodex devices at [www.biodex.com](http://www.biodex.com).



*Tracey Harvey champions Aegis by EnerG in her new position*

## **Harvey joins Aegis Therapies to expand EnerG wellness programs and services**

Tracey Harvey has been named Aegis Therapies' national program director to support, drive and develop the EnerG<sup>®</sup> by Aegis specialty wellness program. Harvey's background includes more than three decades in the health and

wellness industry, most recently in senior management at GenCare Lifestyle. Her goal for 2014 is to champion EnerG wellness programs and services across the United States in order to expand overall resident participation, and to use her marketing and promotions expertise to ensure quality, consistency and successful outcomes. Learn more about EnerG by Aegis at [www.aegistherapies.com](http://www.aegistherapies.com) or call toll-free 877-823-8375.



*Designed with a balance bar, the BOSU 3D System acts like a virtual spotter*

## **Hedstrom Fitness debuts redesigned BOSU system**

Hedstrom Fitness introduces the redesigned BOSU<sup>®</sup> 3D System, or "docking station" for the BOSU<sup>®</sup> Balance Trainer. Ideal for first-time users, special populations and the active-aging market, the lightweight product features a balance bar to serve as a built-in spotter. With this assistance, less skilled and deconditioned participants perform balance-training exercises more safely and with greater ease, plus progress at their own level. The BOSU 3D System includes a modular docking station, adjustable balance bar, wheels for easy transport, adjustable resistance tubing and a three-in-one workout DVD featuring Rob Glick. View [www.bosu.com](http://www.bosu.com) or call toll-free 800-810-6528 for information.