

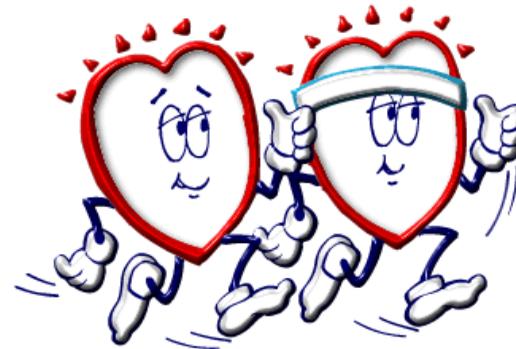
Welcome to



The Nation's
leading exercise
program for older
adults.

Good Health lasts a lifetime

SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, uses a unique combination of fitness and social activities to empower participants to take control of their well-being. SilverSneakers engages participants in more frequent strength training, aerobic and flexibility exercise through access to a variety of venues and programming designed specifically for older adults. The SilverSneakers fitness network offers convenient access to more than 11,000 participating fitness and wellness facilities nationwide.



YOUR ADVENTURE STARTS HERE

Our mission is to provide exceptional care for our communities.

Through our Healthy Village concept, Edgerton Hospital and Health Services will serve area communities with exceptional quality, innovative health services and promote wellness with highly trained physicians and staff.

We look forward to you joining our healthy community!



Edgerton Hospital and
Health Services

11101 N. Sherman Rd
Edgerton, WI 53534
Phone (608) 884 1396

<http://www.edgertonhospital.com>



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<https://www.silversneakers.com/>)

Hours:
Monday – Friday: 7am-12pm -1pm-3:30pm
Tuesday & Thursdays: Only 7am-12pm

Exercise

GET TO KNOW THE EQUIPMENT

We have several pieces of equipment to accommodate your needs. It is important to do a 5-minute warm up and cool down by walking a few laps around gym or stretching at the barr. Ask staff about using weights and resistance bands.

Treadmill:

1. Clip safety clip on
2. Straddle Belt
3. Press “Start Belt”
4. Step on belt and start walking
5. Increase speed to comfortable walking pace
6. Increase grade to desired incline
7. Press “Stop Belt” to stop



Nu-Step:

1. Do arms and legs separately to focus on different muscles groups
2. Rear lever of seat will swivel the seat
3. Legs: Adjust seat, lift front lever and move seat until knee is slightly bent and leg is fully extended.
4. Arms: Loosen knobs and adjust handles until elbow is slightly bent when arm is fully extended. Do not exceed 8 minutes when doing arms.
5. Adjust workload. Change workload by moving knob on right side of seat, forward or backwards. Display indicates level.
6. Focus on the # of “Watts” on the display screen. Do a comfortable # that will have you working fairly light to somewhat hard.

Sci-fit Bike:

1. Do arms and legs separately to focus on different muscle groups.
2. Legs: Adjust seat by stepping on foot pedal located below seat. The “T” shaped handle below seat also adjusts seat. Move seat until knee is slightly bent and leg is fully extended.
3. Arms: Adjust seat until elbow is slightly bent when arm is fully extended. Do not exceed 8 minutes when doing arms.
4. Press “Quick Start”
5. Adjust level by pressing the up and down arrows. The level will add resistance to your peddling.
6. Focus on the # of “Watts” on the display screen. Do a comfortable # that will have you working fairly light to somewhat hard.



Airdyne Bike:

1. Adjust seat to hip height before getting on. Use knob below seat
2. Start peddling and screen will light up. Press “play button” to start time.
3. Place hands on arms for stability as you peddle.
4. Focus on the # of “Watts” on the display screen. Do a comfortable # that will have you working fairly light to somewhat hard.

Elliptical:

1. Carefully step on and use rails for support. Place hands on arms for stability as you move.
2. Start moving to light up screen. Press “Quick Start”
3. Adjust level by pressing the up and down arrows. The level will add resistance to your step
4. Focus on the # of “Watts” on the display screen. Do a comfortable # that will have you working fairly light to somewhat hard.