



HUR
HELSINKI
WELLNESS PROGRAM



A LIFESTYLE OF WELLNESS

Take control of your wellbeing

There will always be plenty of advice on how to feel fit and healthy in your retirement years and just as importantly, how to *stay* that way. And it seems one of the most common ideas is to join a public gym and spend hours lifting hefty weights, which usually involves readjusting all the settings on cumbersome machines set by iron-pumping 20 year olds. So imagine if you could get the same great results without the clunky weights and awkward equipment. Imagine if improving your physical and mental fitness was much more pleasant and fun – and you could do it right here in your own village.

Introducing the Helsinki Program by HUR – an advanced retirement wellness program 25 years in the making and now available in Australia. With the Helsinki Program's revolutionary approach to seniors' fitness, ingenious HUR exercise machines use air resistance for a low-impact workout that achieves exceptional results. Even better, there's no messing around recalibrating machines. You work with a HUR-trained instructor to set up the perfect exercise program for your body type and needs, and that program is then recorded on your own Smart Card. Plug the card into a machine and it automatically resets to your program. With the Helsinki Program you can regain mobility, recover from injuries and rejuvenate your overall mental and physical health.

Maria's story

Helsinki's proven results

Maria was in her mid 80s when she arrived at Riistauvouri retirement village in Helsinki Finland. This was three months after she suffered a stroke and it resulted in her needing the help of two nurses for daily care and a wheel chair to get around. Her cognitive performance was classified as moderately severe and she showed signs of depression. Soon after her arrival, her recovery program began, using HUR's equipment and exercises.

After two months in the program, Maria started training to walk again and took her first steps. After three months, she could walk independently using a walker; after four months Maria moved to her own studio apartment in the assisted living area of the village. Five years later she is still independent, physically active and leading a very social life.

According to Maria's InterRAi (similar to ACAT) assessments during this period, her cognitive performance (including factors such as decision making, comprehension and memory) improved



significantly, from 'moderately severe' to 'mild'. Her depression rating improved to a point where she no longer showed the presence of a depressive disorder. Maria's Activities for Daily Living (ADL) measurement reversed completely, from 'total dependence' to 'independent' in all four areas of personal hygiene, toilet transfer, locomotion and eating.

The improvement in Maria's quality of lifestyle has been phenomenal, reversing the trajectory of her physical and mental decline. These kinds of results have been echoed in the Helsinki Program first developed by HUR in centres around Europe, Japan and America.



The program for a lifestyle of wellness

The Helsinki Program comprises selected HUR specialist equipment, Smart Card technology, an accredited HUR Trainer and individualised training plans.

HUR specialist equipment

Your village has access to the most advanced health and fitness technology, through HUR's unique pneumatic-based machine series. The equipment is the result of 25 years of scientific research and co-operation between different universities, as well as leading experts in physiology and biomechanics from all over the world.

HUR accredited trainer

Your HUR Accredited Trainer will help you feel welcome and not intimidated. You will receive customised assistance, starting with an initial assessment to discuss your goals, an orientation to the equipment, followed by a customised exercise plan. The combination of our trainer's skills and the flexibility of HUR equipment easily accommodate that fact that everyone is different.



Smart Card technology

Through HUR's Smart Card technology, the Accredited Trainer produces a unique plan for you, on your own Smart Card. When inserted into the controls of the equipment, the card automatically sets the resistance, provides video instruction, records the performance and provides feedback. It also assists the Trainer to more efficiently track your progress. New programs and exercise adjustments can be made easily and quickly through the Smart Card.



Benefits

1

the pneumatic air resistance technology is comfortable to use, has zero-weight starting resistance and stepless increments

2

easy to move onto and out of the machines as well as making adjustments while on the machine

3

enables a large variety of exercises in a small floor area

4

rehabilitation, strength and power training is possible using just one piece of equipment

5

quiet, safe and easy to use equipment suitable for all levels of fitness.



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