

*Aging well
means focusing
on your
potential,
not your
limitations.*

*Enhancing
a Healthy
Lifestyle*



through Fitness

 **Lutheran Home**
A Lutheran Life Community

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“I look to the future because that’s where I’m going to spend the rest of my life.”

—George Burns

Do more. Feel better.

Aging well means focusing on your potential, not your limitations. At the Lutheran Home, we help you reach that potential with SeniorFITness™, a fitness program uniquely designed to help make your pursuit of optimal well-being a fun and easy journey.

Developed by a licensed physical therapist and a certified exercise physiologist, SeniorFITness focuses on a personal fitness plan – one that perfectly matches your needs and interests.

Our “whole person” approach is designed to enhance your quality of life, increase independence, and improve your ability to perform daily tasks. The program helps you:

- Improve cardiovascular function
- Increase strength, mobility, flexibility and endurance
- Enhance balance and better overall fitness



Fitness with a personal touch.

You will receive *personalized instruction* and a specialized fitness plan. We accommodate age- and health-related changes in strength, flexibility, balance and mobility. And we’ll work hand-in-hand with your personal physician to provide a comprehensive course of treatment to maximize your recovery.

Our state-of-the-art fitness center includes:

- Nautilus Senior Strength Machines
- Precor Treadmill
- NuStep Recumbent Stepper
- Sci-Fit All Body Bicycle
- Exercise Balls
- Sport Cords and Therabands
- Balance Pads and Hand Weights

Measuring results.

Successful outcomes are determined by a good process. That’s why, with each participant, we:

- Provide initial and ongoing fitness assessment
- Supervise and record every training session for safety and compliance
- Generate exercise progress reports for discussion
- Create physician reports for your doctor when you’re undergoing medical care

Classes and programs.

Our ongoing curriculum will keep you active and educated with:

- Group exercise classes
- Wellness education programs
- Specialty programs to address aging issues
- Targeted classes on balance and fall prevention

Prescription for life.

SeniorFITness focuses on maintaining a lifelong fitness program and a healthy lifestyle. Participants receive ongoing staff support and have quarterly reviews to help them adhere to their fitness plan.



Managing chronic disease through SeniorFITness.

SeniorFITness has created program modules to meet the special needs of participants with chronic health conditions. The program is developed and monitored by an exercise physiologist in conjunction with your personal physician.

Programs for everyone.

SeniorFITness services are designed to empower, rejuvenate and encourage you. We are committed to helping you reach the highest level of functionality possible. SeniorFITness serves Lutheran Home residents in every setting:

- Assisted Living
- Skilled Nursing
- Memory Support

Our SeniorFITness program is also available to non-residents from surrounding communities.

For more information.

For more information or to arrange for a private tour of our new Rehabilitation unit, please call the Lutheran Home at 847.368.7400.



a specialized fitness program of Alliance Rehab, Inc.