

Welcyon welcomes adults, 50 and over, who are dealing with health issues. That includes those who would benefit from a continuation of exercise following completion of rehabilitation performed by licensed physical therapists. Welcyon is designed to provide safe and effective aerobic, strength, flexibility, and balance exercises, whether the goal is restoration or maintenance of health status.



Welcyon is ideally suited to help members dealing with health issues:

Staff

- Unlike many fitness centers, a trained fitness coach is present during all hours of operation.
- Our specially trained fitness coaches continually engage with our members, answering questions, cueing proper exercise technique when needed, offering suggestions, providing encouragement, and celebrating success.
- Welcyon clubs are 'right-sized'; providing an open, yet intimate feel. This welcoming environment creates a culture where people can easily connect with one another. Members look forward to exercising because the atmosphere is welcoming, quiet, supervised, and comfortable.

Protocols

- Our members receive personalized exercise instruction consistent with fundamental guidelines published by the American College of Sports Medicine (ACSM).
- For our members with health issues, we understand that everyone has a unique health profile. Therefore, as directed by individual members, we will communicate with their therapist or physician and instruct exercise protocols recommended by their healthcare provider. In addition, clinicians are welcome to come to Welcyon and provide specific exercise instruction to their patient and a Welcyon Fitness Coach.



Safety

- Each of our staff members is certified in CPR.
- Welcyon is equipped with an Automated External Defibrillator (AED).
- Welcyon has staff on-site during all hours of operation and has an emergency response policy and procedure.
- Our Fitness Coaches reinforce optimal exercise protocols and techniques; instructing and guiding member-specific exercise aerobic and strength exercise intensities, quality and speed of movement during strength exercise, and proper form during stretching.

Concerned About a Health Issue?, continued



Equipment

- Welcyon utilizes exercise machines ideally suited for aging adults including those with health issues.
- There is a trend in the fitness industry for non-machine based exercise. In contrast, Welcyon provides machines in order to provide stable, controlled, objective, and reproducible exercise. This maximizes safety and exercise results for aging adults who often have physical limitations and health concerns.
- The majority of our aerobic exercise machines are recumbent, allowing members to sit comfortably and remain stable during workouts. Our machines that offer standing exercise have low platform heights for easy ingress and egress and reduced excursion to accommodate those with decreased joint ranges of motion.
- Each of our aerobic and strength machines includes integrated heart rate monitors
- Our HUR® strength exercise machines use air resistance to lessen joint impact forces. Other features include small resistance level increments, comfortable ergonomic design, and easy ingress and egress.



- Our strength machines are computer-controlled by member-specific data cards. Members insert their cards and resistance is automatically set. Based on the number of repetitions performed, resistance increases or is maintained during subsequent exercise sessions. This promotes adherence to strength exercise objectives, whether the goal is to increase muscle strength or maintain it.
- Members receive periodic reports that display the exercise resistance history so they can celebrate successes and receive motivation to continue getting stronger.



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Imagine a place where you know your patients, once discharged, can safely and effectively continue to build upon the progress you have made with them. That place is called Welcyon. Help your patients **Belong to Strong.™**