

# Surgeon General's Report on Physical Activity and Health

A regular exercise program, which includes strength training started at any age, provides the following health benefits:

- Improved flexibility and balance
- Improved strength
- Increased energy and stamina
- Improved circulation
- Improved cardiovascular health
- Burns Fat
- Helps relieve back pain
- Helps control blood sugar diabetes



- Exercise with only limb loss peers.
- Increase strength, flexibility and mobility.
- Sound limb preservation.
- Fall prevention.

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Advanced Prosthetics Center is genuinely committed to the health and wellness of all amputees.

**ADVANCED  
PROSTHETICS**  
CENTER, LLC  
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Many amputees would like to participate in an exercise program, but feel uncomfortable joining traditional gyms. Advanced Prosthetics Center is responding to the unique needs of Amputees and an increasing demand for such services with its new “Amputee Fitness and Wellness Program.” We give this population an opportunity to increase their strength and mobility in an exercise environment that they can feel comfort in.

This program is a perfect solution for these less active individuals because it provides the necessary motivation for them to regularly venture out of their homes to participate in a healthy activity.



Licensed therapists will customize and monitor each program and if they determine that a client’s initial needs exceed a simple fitness program, physical therapy will be recommended.



### Equipment:

1. Treadmill
2. Bikes (Arm & Leg)
3. Leg Press
4. Cable Machine
5. Balance Equipment
6. Stairs
7. Slopes
8. Exercise Mats
9. Dumbbells



“If my therapist wouldn’t have put me on a regular therapy and fitness program, I wouldn’t be walking today.”

Gary

“My fitness program has given me a new outlook on life. I have lost weight, while strengthening the muscles that help me walk. I should have done this long ago!”

George

Initial 3 month contract  
One time evaluation fee  
\$25 per month